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# THE REFORMED BOTANIC PRACTICE;

AND

*The Nature and Cause of Disease*

CLEARLY EXPLAINED,

AND EXPRESSLY ARRANGED FOR THE USE OF ALL CLASSES.

“The popular belief that every country produces simples suitable to cure all the prevailing local diseases is not void of truth; vegetable substances afford the mildest, most efficient, and most congenial remedies to the human frame. The numerous cures that are daily performed by the use of vegetable medicines, are sufficient evidence of their super-excellent virtues.”

PROFESSOR RAFINESQUE.

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## PREFACE

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“As health is the most precious of all things, and is the foundation of all happiness, the science of promoting life and health is the noblest of all, and most worthy the attention of all mankind.”\* And yet there is no science which has remained so long in dark and mysterious difficulties, which the mass of mankind have been kept from investigating by the crafty exclusiveness of those interested in the entire monopoly. We have laid before the public in the following work, the American Reformed Practice of Medicine, which practice bids fair to break through the dark and mysterious ignorance which now exists in reference to the simple and natural art of healing the sick: for we are well convinced that the healing art, if rightly explained, may be safely practised by any one, in all the ordinary ailings with which we are afflicted; and we must ever bear in mind the fact, that the most fatal diseases generally commence with very trifling symptoms, which, if they were attended to at the beginning, might be arrested in their progress, and thus, in a great measure, those frightful ravages of disease and death prevented, which now so much afflict every class of society. Dr. Robertson, when speaking of this reformed practice, thus enumerates some of its advantages:--“It

\* Hoffman on Health.

by far surpasses all other medicines, or modes of practice, which have been hitherto discovered or brought into operation; and promises fair to reduce the mysteries of the healing art to a very simple process, conducted in every family, and prepared and administered by the same hands which prepare and administer our daily food." And again, he says, "Were I to recount the invaluable advantages of this new system, it might astonish the ignorant and admonish the wise, while both would be drawn into an extensive field of remark and observation.

"First,—It abolishes the intolerable lumber of Nosology, and symptoms, habits, temperaments, diathesis, prognostics, and critical days, about which volumes have been written, and millions of lives sacrificed.

"Second,—It purges from the *Materia Medica* all the useless, and, what is of infinitely more importance, the poisonous and pernicious remedies.

"Third,—It reduces the idle and useless detail of pathological ingenuity respecting the remote, exciting, predisposing, and proximate cause of disease, to one simple cause—morbid action or obstruction.

"Fourth,—It has abolished the uncertainty of practice which has always been evinced by the change of medicines adopted by the regular practitioners: a tacit confession that they know not what remedy would remove disease."

What can be more uncertain than administering those poisonous preparations which are opposed to the healthy action of the body, and if administered to a person in health would make him seriously ill,

or speedily produce death? And, moreover, they are rendered doubly uncertain remedies from the ignorance of those who use them; for, with all their boasted learning, there is not one of their remedies upon which they are agreed as to its operation upon the body, but the most contrary opinions are advocated by different doctors, which goes to prove that they must be totally ignorant of their true nature. Now, if they are so ignorant of the remedies they use, how great must be the uncertainty of the means they adopt to cure the sick! as every day's experience proves; and some of them are candid enough to acknowledge it. Dr. Vecimus Knox says, "After all that has been said in commendation of the uncertain art of medicine, the most sensible physicians admit that it is to them uncertain whether it has done more harm than good to mankind; this fact being certain, that in the hands of the young, and the rash and inexperienced, it is dreadfully destructive to the human race." Dr. Magendie says, "The most contradictory and inconsistent opinions pervade the whole length and breadth of the medical profession, regarding the origin, the nature, and cause of disease; not merely the more complex diseases, but even the simplest to which mankind are liable." When the highest authorities among the faculty express such sentiments as these, we cannot be surprised at the statement which Mr. Hume made in the House of Commons. He said, "I consider that the medical profession in our country is in a state of barbarism." Now the only reason why the science of medicine continues in this state of barbarism, whilst all other

sciences are progressing, is simply because the study of it is monopolized by interested individuals, the majority of whom are intent only upon accumulating wealth; and being well aware that it is all trickery, that it will not bear investigation, they are obliged to take out a license to kill, and then hide their proceedings and preparations in a foreign tongue, lest the common sense of mankind should detect their gross ignorance and trickery, and the monopoly be defeated. Dr. Buchan says, that “disguising medicine not only retards its improvement as a science, but exposes the profession to ridicule, and is injurious to the best interests of society. An art founded on observation never can arrive at any high degree of improvement, while it is confided to a few who make a trade of it. The united observations of all the ingenious and sensible part of mankind, would do more in a few years towards the improvement of medicine, than those of the faculty alone in a great many. Very few of the valuable discoveries in medicine have been made by physicians; they have, in general, either been the effect of chance or of necessity, and have been usually opposed by the faculty till every one else was convinced of their importance.” Again, he says, “People are often deterred from the most noble and praiseworthy actions by the foolish alarms sounded in their ears by a set of men who, to raise their own importance, magnify the difficulties of doing good, find fault with what is truly commendable, and sneer at every attempt to relieve the sick which is not conducted by the precise rule of medicine. These gentlemen must, however, excuse



me for saying I have known such persons do good : their practice, which is generally the result of good sense and observation, assisted by a little medical reading, is frequently more rational than that of the ignorant retainer of physic, who despises both reason and observation, that he may go wrong by rule." It is now the same in medicine as it was formerly in religion, when the priests forbid the laity to read the Scriptures, or endeavour to find out for themselves the nature of religious truth. The priests declared then, as the faculty do now, that there are so many mysteries in the truth, that it is impossible for common people to understand it. How it has turned out with regard to religion everybody knows, and we hesitate not to declare it to be our firm conviction, that when the simple truth of medical science shall be made clear to the united intelligence and judgment of the community at large, a reformation will take place, second only to that which swept from religion that ponderous mass of darkness, error, and superstition, which at one time kept all Europe subject to the tyranny of priestcraft.

Attempts have been made at different times, by various individuals, to reduce the science of medicine to the simplicity of nature, and they have been the means of causing many individuals to adopt simple vegetable remedies, and so, in a great measure, to escape the ignoble mineral practice. But of all the attempts at medical reform, none has been so successful as that commenced by Samuel Thompson, of America. He was a poor, uneducated man, brought up in the school of adversity, in the wild woods of



America, and appeared to be specially raised up by Providence to call the attention of his countrymen to the healing riches of all-bountiful Nature, with which they were daily surrounded, which possessed the most invaluable medicinal virtues—for with these simple remedies he was enabled to save from death, and restore to perfect health, many who were given over to death by the faculty. But, though he was blest with many of the natural gifts which are essential to a great reformer, yet, being totally uneducated, he was unable to reduce to a scientific form the results of his experience—that which his keen penetration of practical results taught him was useful to cure disease; and, unhappily for the progress of medical reform, many of his followers, and especially those in England, such as Coffin and his agents, implicitly believe and follow the reformed practice according to Thompson's unscientific expressions. Thus, they state as the foundation of all their theory and practice, that "heat is life, and cold is death." Never was any theory more unscientific or preposterously untrue. If it were true, then we might expect to find abundance of life and vigour in those burning climates where we now find so much mortality; or that, during our hottest summer months, no mortal being could ever die. Or we might expect that, if an individual were placed in a room of the required temperature, he must necessarily continue alive for ever, provided the temperature were kept up. It is true that heat is indispensable to life: so are food, air, and water, therefore these constitute life as much as the former. The fact is, that heat is not

the cause of life, but a consequence of vital action. It is produced by the union of the oxygen of the air we breathe with the carbon in the body; for, as Baron Liebig very justly observes, "The mutual action between the elements of the food and the oxygen conveyed by the circulation of the blood to every part of the body is the source of animal heat." Now, if heat be a consequence of vital action, it cannot be the cause of that action; that is to say, it cannot at the same time be both the cause and the effect; and sorry bunglers indeed must they be, who have not common sense enough to distinguish between a cause and its consequence.

But, however unscientific the theory of Thompson may be, he has nevertheless taken hold of the right remedies for curing disease; and these are the simple, innocent productions of nature, which, though simple and innocent, are yet very powerful and efficient, if properly used, in restoring the sick to health and vigour—as the experience of thousands in America amply proves, and also that of great numbers in this country, who have been rescued from death after the learned quacks had declared their condition to be utterly hopeless. In the following work, we have endeavoured to lay before the reader whatever is of practical value in "Thompson's patent practice," and also the various improvements which have been made by succeeding practitioners: so that in the present little work there is embodied all that is of real importance, which hitherto lay scattered over the numerous and voluminous works of the American reformed physicians. But, in doing so, we have

been compelled to abandon the theory of life and disease as advocated by Thompsonian practitioners generally, and to adopt such a theory and explanation as appeared to us to harmonize with the natural phenomena of life, health, and disease; and which also possesses the peculiarity of showing more plainly than ever that the *modus operandi* of botanic remedies is in perfect harmony with the laws of life.

We trust the reader will excuse the brief style we have been compelled to adopt in treating of diseases, in consequence of our being desirous to compress the whole into as small a compass as possible, so that the book might be within the reach of all, and that all might have the opportunity of enjoying the benefits of this Botanic practice, which has proved such an inestimable blessing to many thousands in the land of the far west.

Before closing these remarks, we take this opportunity of expressing our obligations to Drs. Beach, Mattson, Comfort, Curtis, Worthy, and others, whose valuable works have been of great assistance to us in composing the following pages. We are likewise indebted to several of our English physicians who have aimed at medical reform, more especially to Dr. E. Johnson, whose "Life, Health, and Disease" explains the Botanic practice better in many respects than any other theory we have met with.

In the *Materia Medica* of this work, we have introduced a considerable number of the English herbs whose virtues have been well tested and proved; for we are firmly persuaded that, if our native herbs were properly understood, we should find them supe-

rior remedies, for English constitutions, to any foreign production whatever. We hope that they will receive more careful philosophical investigation than has yet been bestowed upon them, for most assuredly they deserve such attention.

## GENERAL PRINCIPLES.

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I.—That the body is in a continual state of waste or decay, and requires a constant supply of new materials to replace those that become worn out: and that all vital actions are subordinate to these two processes.

II.—In order to preserve the body in health and strength, the worn-out materials must be regularly carried out of the body by the natural evacuations, as perspiration, breath, urine, &c. For, if the waste is regularly removed, every part of the body is properly nourished; but if this waste matter is retained in the body, it becomes a foreign and poisonous agent.

III.—That disease consists essentially in deficient excretion—that is to say, an obstruction to the removal from the body, by the natural evacuations, either of the worn-out particles of the body, or injurious matter that has been introduced by accident into the system.

IV.—That fever, inflammation, and other manifestations of disease, are not contrary to nature, but are the efforts of the constitution to free itself from some offending agent.

V.—That the efforts of nature generally require the aid of medicines, and other means, to regulate

and sustain her restorative actions; and that the whole art of medicine consists in assisting nature to resist disease.

From the foregoing principles, we see that "life consists in the aggregate union of all the vital actions;" and that the vigour of the constitution is maintained by the constant wasting and reproduction of the body, particle by particle. Every atom of nourishment which is assimilated to the structure of the body is appropriated by the vital functions to the particular purpose for which it is required, and is at first possessed of vitality; but, having answered the purpose for which it was appropriated, it soon loses its vital power, and its affinity for the living body, and requires to be removed to give place to a newly-formed atom of nourishment, containing as much vitality as its predecessor possessed at first. Thus there is a perpetual renewal of vigour; and thus every part of the body is continually changing; and all the various functions of the body are subservient to this process of keeping up life—that is to say, all the vital actions are concerned, directly or indirectly, in appropriating to the several uses of the body the nourishment we take, or of removing from the body the waste or worn-out materials.

It is of the utmost importance that the dead material should be speedily and regularly removed from the body, as it proves an obstruction to the process of nourishment in that part; and, moreover, having once lost its affinity for the living structure, it is liable to enter into combination with other elements, and thus form compounds highly detrimental to the



health of the body. The more regularly the waste or corruption of the body is removed, the better will the body be supplied with newly-vitalized nourishment, and the more vigorous and healthy will every part of the body become; but if the waste is carried off but slowly from any or every part of the body, in the same proportion will the system suffer from obstruction and debility.

Whatever disease or debility exists in the body, it is caused, directly or indirectly, by an obstruction of the vital processes we have just mentioned. Thus, fever is caused by obstructed perspiration, and all the long train of evils attendant upon that fatal disorder arise from the simple cause of obstruction. And, in the same way, all other diseases may be traced, more or less directly, to an obstruction of the vital operations of the body. The constitution is wisely furnished with the power of reaction against the aggression of this obstructing evil, which reaction generally constitutes an important feature in the symptoms or manifestations of disease, and likewise serves the purpose of calling our immediate attention to the part affected. These efforts of nature generally require assistance, for people living in a civilized condition are continually exposed to a variety of circumstances that are likely to pervert the restorative efforts of the constitution; and, moreover, it mostly happens that there is so much general disorder or debility, before local disease takes place, that the constitution requires all the aid which we can give it to assist the efforts of nature to throw off the cause of the disease. Our efforts must be directed to



restore in the body the vigour and energy required to carry on all the secretions and excretions, and if any of them are particularly deficient, our express object must be to restore them. Now, of all modes of practice, none has ever been so well adapted to the indications of disease just pointed out as the Botanic practice, as it consists essentially in the “eliminative process,” that is, assisting the constitution to eject from the body all the causes of disease; and that this is the proper way of curing disease is proved by the experience of thousands who have been perfectly restored to health and vigour, who were otherwise declared incurable by the advocates of the old system of poisoning, blistering, and bleeding to death.

### FEVER.

FEVER consists essentially in obstructed perspiration. There are many and various causes of this total prostration of the function of the skin, the principal of which is cold. Sudden or long-continued cold induces a torpid or inactive state of the capillary vessels of the skin. Also, sudden transition from heat to cold—that is, heat attended with irritability or excitement, which, by relaxing the fibre, and exciting inordinate functional action of the skin, renders it more susceptible to the paralyzing impressions of cold. Another source of this obstruction is poisonous or infectious effluvium, which prostrates the vital energy of the exhalants of the skin, thereby causing the capillary vessels to become choked up with per-

spirable matter; and if it be present in any great quantity, it may cause a sudden extinction of the living principle, as is observed sometimes to happen in highly pestilential diseases.

It frequently happens that one person will take fever from contagion, while another individual exposed to the same influence escapes unhurt. This appears to occur in the following manner:—If the individual is in a healthy condition at the time that the poisonous effluvium is taken into the system, and if the exhalations of the body are regularly kept up, the contagion will be thrown out of the body without doing much harm: but if the person be in an enfeebled condition, or under the depressing influence of strong fear, then the poison exerts its baneful influence upon the system, prostrating all the powers of life, especially the function of the skin, and fever ensues.

There are other and various remote or exciting causes of fever, but the disorder is essentially of the same nature. Or it may be connected with other derangements of the system, yet still the fever itself is of the same nature as though it were not connected with such derangements. It may be observed, however, that the grade or modification of a fever does not depend so much upon the exciting cause as upon the peculiar condition of the body at the time it happens.

The obstruction having once taken place, the morbid perspirable matter is retained in the body; and the pores and vessels of the skin being choked up with it, the blood cannot circulate freely to the sur-

face; consequently, the extent of the circulation is considerably diminished, and the blood, not being carried to its fullest extent, is driven back upon the heart and arteries in an undue quantity, distressing those organs both by engorgement and poisonous irritation, causing increased action or more powerful contractions to take place: hence the rising of the pulse. The heat of the body is not regulated by the evaporation of the insensible perspiration, because that exhalation is suspended, as we have already shown; there is therefore an accumulation of heat immediately under the skin, in all cases of active fever. All the functions of the body are affected more or less, through sympathy with the skin, for the morbid matter retained in the blood, which ought to have been evacuated by perspiration, becomes a poisonous agent in the system, and is conveyed through the circulation to all the organs of the body, and enfeebles all the secretions and excretions.

Fever is preceded by coldness, because, perspiration being obstructed, there is at first a depression or prostration of the living powers, which produces that languor, drowsiness, and chilliness, which almost invariably precede the fever; but, unless the prostration is too great, the perspirable matter, carried to the heart and arteries, soon irritates them to that resistance or reaction which constitutes active fever; for, as soon as they feel the unnatural stimulus of the blood, surcharged as it is with perspirable filth, a powerful reaction takes place—the heart beats more violently, the pulse is quickened, causing the blood

to circulate much more rapidly through the body; so that if there are any of the organs of the body predisposed to inflammation or other disease, this is just the most favourable time for the development of that particular disorder; hence fevers are so frequently connected with other derangements of the system, especially when neglected, or treated with poisonous preparations. The reformed practice strikes at once at the true cause of the disease, and thus not only speedily cures the fever, but also prevents its causing other derangements of the system. We discard all the foolish distinctions of the doctors respecting the different colours, classes, sorts and grades of fever, and treat of it according to its true simple nature,

## THE HIGH OR ACTIVE STATE OF FEVER.

UNDER this head are included all those fevers which are conspicuously active, characterized by hardness, quickness, and tension of the pulse, and an unnatural heat of the surface of the body. The general energies of the system manifest no proneness to prostration so long as the fever retains its simple character. When general fever of the active kind passes into the low state, it is either in consequence of inordinate bleeding, which is so frequently practised by the faculty, or from inflammation of the brain, or inflammation and mortification of some other organ.

*Symptoms.*—It usually commences with chilliness, and a feeling of languor or debility; pain in the

head, back, and other parts of the body. The patient frequently feels sore all over the body. These symptoms are succeeded by an unnatural heat or burning sensation of the surface of the body, dry skin, parched and furred tongue, a quick pulse, loss of appetite, great thirst, and restlessness. The bowels are generally torpid, and the urine scanty. Sometimes there are other symptoms, as nausea, vomiting, giddiness, &c.

*Treatment.*—If it is attended to at the beginning, when the chilliness is felt, the administration of a vapour bath and an emetic will in general throw off the attack entirely. If the fever has commenced, and the skin is hot and dry, in the first place give an emetic (No. 13), and as soon as it has operated sponge the whole of the body with lukewarm water, in which dissolve as much carbonate of soda as will make it perceptible to the taste. When the patient cannot be got out of bed, he may be sponged in the following manner:—Bathe one side of the body from head to foot, then turn him over and bathe the other side in the same manner. It must all be done very quickly, but the skin must be well washed. Then give the sudorific powder No. 12 every hour or two, until a gentle perspiration breaks out all over the body; after which it may be given about three times a day, or sufficiently often to keep up a gentle moisture upon the skin. Keep a hot brick or a bottle of hot water to the patient's feet the whole of the time: it should be wrapped in a cloth wet with vinegar and water. The sponging should be repeated three or four times a day. As soon as perspiration is estab-

lished, the fever is turned; and then means must be used to correct any little irregularities which it may have induced. To cleanse the tongue and stomach, give No. 1 composition tea, and repeat the emetic No. 13, if required. To regulate the bowels, give a dose of aperient powder No. 9 every other night. When the fever is subdued, and the tongue is cleansed, tonic bitters may be given (No. 4, 5, or 6), and the patient must be very careful not to overload the stomach, as the digestive organs are but weak, and if the stomach is overloaded before it has recovered its strength a relapse may take place.

During any stage of the fever, the patient may drink freely of tea made from any of the following herbs:—Catnip, spearmint, or blessed thistle; an infusion of sumach berries, tamarinds, apples, or slippery elm.

The patient must be kept quiet during the whole time, and the room should be well ventilated. The diet must be very light, and all indigestible food and spirituous drinks strictly forbidden. The bed-clothes should be changed very often. If the foregoing directions are promptly attended to, the fever cannot continue long, and there will be little probability of local congestion or inflammation taking place; but if the patient has been neglected or improperly treated, and local congestion has commenced, which will be characterised by severe pain in the part, apply the common fomentation No. 90 or 91. Enclose the herbs in a flannel bag, and apply it hot to the part affected, changing it as often as it becomes cold. For pain in the head, apply a mustard plaster to the



feet, or place the feet in warm water, previously putting some mustard in it, and bathe the head with a mixture of soft water, vinegar, and spirits of wine, in equal proportions.

## THE LOW OR TORPID FEVER.

THIS includes all those grades of fever which are characterised by great prostration of the mental and physical powers. They sometimes result from an improper treatment of the active fever, especially from inordinate bleeding, which is so frequently practised by the faculty; or the cause of the fever may be so debilitating in its first effects as to prostrate all the powers of life, so as to render the constitution unable to produce much reaction or fever.

*Treatment.*—The principal difference in the treatment of this grade of fevers from that of the other consists in the administration of stimulants. In the active or violent stage stimulants are altogether unnecessary, but in the sinking or low stage they are indispensable. Give the sudorific powders No. 12 every two hours, in composition tea No. 3. Administer an injection (No. 100) several times a day. Give a vapour bath of bitter decoction No. 110, after which rub the surface of the body with the stimulating liniment No. 89. After the patient is in bed, give an emetic (No. 13). The bath should be repeated whenever the body is cold and clammy. If the extremities only are cold, rub them with liniment No. 17, 24, or 29, and place a hot brick or a bottle of hot



water to the feet and sides, first wrapping it in a cloth wet with vinegar and water. If any putrid symptoms appear, take half a pint of new milk, half a pint of fresh yeast, and two tablespoonfuls of good charcoal—mix them well together, and give the patient half a teacupful or a teacupful every hour. Give an injection also of the same, and repeat it frequently. Observe the directions given for the other grade of fever respecting diet, &c.

### AGUE AND FEVER.

THIS is nothing more than a modification of the usual symptoms of fever, differing chiefly in the length of time the symptoms show themselves, and is marked by a peculiarity of constitution which subjects the individual to a periodical repetition of the symptoms, which are generally characterised by a severity of the chills or rigors.

*Treatment.*—The best way of treating this modification of fever is to administer the vapour bath No. 110, and an emetic (No. 13), just before the time for the chill to come on. After the bath, rub the whole surface of the body with the stimulating liniment No. 89. During the chills or shiverings, give the patient freely of No. 3 composition tea; also an injection (No. 100); and during the sweating stage keep the patient very still and warm. When the sweating has ceased, sponge the body with lukewarm water, putting a little carbonate of soda in the water; after which rub over the surface of the body the

stimulating liniment No. 89. During the intermissions give the following pills:—Take of poplar bark, golden seal, and cayenne, equal parts: mix them well together, work into a pill mass with extract of boneset, and make into pills. Give two every hour during the day.

There are many other modifications of fever, but they arise from being connected with some special derangement of one or more organs of the body, as the stomach or liver, or some other part; but the fever, as fever, is the same, and the main object must be to remove the cause of it, and attend to the secondary symptoms as they require, according to the directions laid down under the different heads in a subsequent part of this work.

*Remarks upon this Treatment of Fever.*—In the foregoing directions we have endeavoured to make the treatment of fever correspond in simplicity with our theory and description of it. But, although the treatment appears so simple, it is astonishingly efficacious when properly carried out. The operation of the sudorific or fever powders is so salutary, that they almost amount to a specific for this otherwise dangerous malady. We have already shown that fever is caused by obstructed perspiration, and as these powders will produce that excretion under almost any circumstances, without in the least increasing the action of the heart, they must therefore be a certain and safe remedy for fever. It is calculated that two thirds of the waste matter of the body ought to be passed from the system by sensible or insensible perspiration. Hence it will be seen what mischief

must arise from retaining all this filth in the body, and how utterly hopeless or dangerous it must be to resort to bleeding or poisoning, so very fashionable nowadays, whilst the function of perspiration is entirely overlooked or neglected. It will also show us what great advantages and certain benefit will be derived from restoring perspiration. It reduces general excitement, tranquillises the system, mitigates pain, and procures sleep. It lessens the unnatural force of the heart and arteries, by taking from the circulation everything that is useless or injurious, and likewise reduces the heat of the body, by the evaporation which always accompanies perspiration, and greatly assists in removing congestion, by a determination of blood to the extreme vessels. Again, sponging the body is of great benefit, for in fevers a portion of the obstructed perspirable filth generally oozes through the skin, and becomes thickened and hardened on the surface of the body, thus forming an additional means of keeping the pores closed or obstructed; but frequent sponging of the body removes every thing which obstructs perspiration externally, and relaxes and cools the skin, and is in general very grateful to the patient. But when the patient is low and sinking, and the skin cold and clammy, the vapour bath answers the purpose much better than sponging.

### INFLAMMATION.

INFLAMMATION appears to arise more or less directly from debility of the structure, attended with some

exciting cause of irritability and morbid sensibility, which produces excessive arterial excitement and diminished absorption; for, in consequence of the irritation, there is such an afflux or extra determination of arterial blood to the part, as to stop more or less its usual healthy action.

It frequently happens that this debility and irritation is produced by the direct operation of irritating causes, as wounds, bruises, or burns; the application of mustard, cantharides, acids, or various caustic substances. Or it may be produced by the indirect operation of irritants through the nervous system. The inflammation resulting from the translation of morbid matter, as in fever, rheumatism, &c., is caused by the direct operation of the secretory filth, which is retained in the circulation, and thrown upon some organ already in a debilitated condition; for inflammation of any important organ is generally more or less connected with general fever, and is frequently caused by it, the extent of the circulation being so materially diminished in fever, and the blood being forced with so much greater violence, and in more abundant quantities, upon the internal organs, charged as it is with the retained perspirable matter, and other secretory filth. When the system is in such a condition as to take fever, it frequently happens, also, that some organ or structure is in a state of predisposition to inflammation, and there can scarcely be a circumstance more calculated to produce it than the great force of the circulation, and the impure condition of the blood as it exists in fevers. Blood-letting is a frequent and dangerous

cause of inflammation. The loss of so great a portion of the life and vitality of the system necessarily produces great debility, prostrating all the vital operations, and thus exposes any weak part of the body to the most serious attacks of inflammation. It frequently brings on inflammations which terminate fatally, as the old-school doctors themselves tell us. Among others, Dr. M. Louis says, "We daily see persons who have been bled copiously die of inflammation."

The various symptoms exhibited in this class of diseases are owing more to the peculiar structure of the part affected than to any difference in the exciting cause, or the real nature of the disease. The general characteristics are, pain, increased heat, redness, and swelling. The character of the pain is modified by the nature of the inflamed structure. In the mucous membranes, as the lining of the stomach, bowels, &c., it is burning or stinging; in the pleura it is lancinating, and very acute; in the ligaments or fibrous structures it is dull, aching, and gnawing; and in the nerves it is rapid, darting, and excruciatingly severe. Whether the pain be great or not, it is always aggravated by pressure upon the part, which readily distinguishes it from the pain attending spasm, as that is always relieved by pressure.

The increased heat appears to depend, not so much upon the increased temperature of the part, as upon the greater sensibility of the irritated nerves.

The pain appears to be caused in a great measure by the irritable condition of the nerves, consequent

upon the presence of irritating stimuli, and the extra pressure resulting from the engorged capillaries.

The redness results from the presence of red blood in the serous capillaries, which, from debility, cannot offer sufficient resistance to the introduction of the red globules of blood. A very familiar example is what is called "a blood-shot eye." The fine capillary tubes of the white of the eye, when in a healthy condition, admit only the colourless portion of the blood; but if from accident the eye becomes inflamed, the red globules of the blood, which are larger than the others, are admitted into the capillaries of the eye.

Swelling is always more or less present in inflammation of the soft structures, which appears to result from an effusion of serum (watery part of the blood) into the surrounding cellular tissue. The firmer the structure is, the less swelling will usually occur.

Inflammation may terminate either in resolution, effusion, suppuration, or mortification.

It is said to terminate in *resolution*, when it declines and disappears without any injury to the structure, and without any perceptible discharge.

*Effusion.*—The fluid effused may be either blood, or lymph, or serum. The termination by effusion of blood occurs mostly in the soft and more vascular structures, more especially from the surface of mucous membranes. They rarely effuse lymph or serum. Lymph is effused from serous membranes, and often forms a bond of union, and causes firm adhesion between them, when near to each other. Thus it is that the pleura is so frequently united in consequence of inflammation. In the mucous membranes such



adhesions rarely or never take place from inflammation.

When lymph is effused into the substance of a solid viscera, or into the cavities of the cellular tissue, it causes a consolidation of the part, forming what is called an induration. The spleen, liver, and lymphatic glands, are particularly liable to these consequences of inflammation.

*Suppuration.*—When an inflammation does not terminate without the production of matter, it is said to terminate in suppuration. The matter thus formed is termed pus. It differs considerably in the different structures that are liable to it. When formed in the mucous membrane, it is of a whitish, creamy, or greenish appearance. In the serous membranes it is a thin, whey-like fluid, generally intermixed with flakes of coagulated lymph. That of the cellular tissue is a thick pus, of a pale yellow colour, and of a uniform consistence. When it collects in the substance of an organ, it constitutes an abscess; and around this abscess or cavity there is generally an effusion of lymph, which causes the tissue to adhere together, and thus forms a wall or hardened border around the suppuration, which prevents the pus from escaping into the adjoining texture. Sometimes, in scrofulous habits, this boundary is not established, and the pus makes its way into the neighbouring parts. The occurrence of suppuration in an internal organ is generally manifested by a sense of weight in the part affected, with a change from an acute to a heavy, dull, and throbbing pain, with chills, succeeded by flushes of heat, and other general dis-



turbance : a change from a hard, tense pulse to a soft and moderately full one, with night-sweats, and other symptoms of debility.

*Mortification.*—The mucous, cellular, and serous tissues are the structures most liable to this termination, especially the peritoneum, and the mucous membrane of the bowels. The occurrence of mortification is attended with a sudden cessation of pain, sinking of the pulse, cold extremities, cold sweat, and a death-like appearance.

Inflammation is either called acute or chronic, according to the relative rapidity of its progress, and the violence of its symptoms. The acute is rapid in its course, and violent in its symptoms. The chronic is sometimes, though not always, the consequence of the acute, and is slow in its progress, less painful, and the symptoms milder, and protracted in their continuance. In the serous membranes, chronic inflammation results either in the effusion of serum, giving rise to dropsical accumulations, or it results in a formation of miliary, tuberculous matter. In the mucous tissues, the usual consequences of this variety of inflammation are, consumption, diarrhoea, dyspepsia, &c.; and in the solid viscera and glandular structures, induration, scirrhus, and other organic changes, are its effects.

## INFLAMMATION OF THE BRAIN.

(PHRENITIS.)

*Symptoms.*—It usually commences with high fever, flushed countenance, redness of the eyes, intolerance

of light and sound, pain and fulness in the head, coldness of the extremities, restlessness, and delirium.

*Treatment.*—Equalize the circulation, by applying the vapour bath No. 109 to the lower part of the body, and afterwards rub the legs and feet with the stimulating liniment No. 89. Give an emetic (No. 13), and at night a dose of aperient powder, No. 9. Apply a hot brick or bottle to the feet. Administer No. 100 injection, which must be repeated night and morning so long as the symptoms continue urgent. The hip-bath should be repeated twice a day, or oftener if required. From the commencement, the fever powders No. 12 must be given every two hours, until a free perspiration is produced, and continued about three times a day, or sufficiently often to keep up a gentle perspiration. The head may be bathed with the following:—Take of soft water, vinegar, and spirits of wine, equal parts; mix them well together, and sponge the head with the mixture frequently, using it quite cold. By this active treatment the inflammation will be soon reduced, and the real cause of its existence removed; but these directions must be fully carried out, or the disease may linger for some time.

During the whole time, the patient must be kept in the strictest quietude, and the diet must be very light and cooling. Spirituous liquors must not be given under any pretence, but any of the teas recommended for fever may be taken freely. When the inflammation is subdued, cleanse the tongue with composition No. 1; then give tonic medicines, No. 4, 5, or 6, and light, nourishing food.

## INFLAMMATION OF THE EYES.

(OPHTHALMIA.)

THE causes of this painful disorder are various. Among the most usual are external injuries, irritating substances in the eyes, colds, severe exercise of the eyes ; or it may be symptomatic of other diseases, as measles, small pox, scurvy, scrofula, or syphilis ; or it may arise from a corrupt state of the blood, attended with a disordered condition of the stomach.

*Symptoms.*—It usually commences with a sensation as if gritty particles were under the eyelids, accompanied with great heat, redness, and sharp, darting pains. As it increases, the parts generally swell, and there is great pain experienced upon the least motion of the eyeball. The patient cannot bear the light, and there is an effusion of scalding tears.

*Treatment.*—Bathe the eyes frequently with the following wash :—Make an infusion of lobelia and slippery elm, to which add an equal quantity of fresh cream—mix them well together, and use whilst of a tepid warmth. At night apply a poultice to the eyes, made with slippery elm, mixed with milk and water in equal parts : apply it whilst of tepid warmth. This poultice surpasses all other applications for inflammation of the eyes, and should always be used. Continue the wash by day, and the poultice at night, until the inflammation has subsided ; then either No. 95 or 96 eye-water may be used, to strengthen the eyes.

Great attention must be paid to the stomach and

bowels in this complaint. If the case is a severe one, the treatment should commence with a vapour bath and an emetic, which should be repeated occasionally, and a dose of aperient powder given every other night. If the inflammation proceeds from irritating substances in the eyes, of course the first thing to be done is to remove them.

When the inflammation arises from other diseases, or from a taint in the blood, a cure can only be expected by removing the cause.

## QUINSY, OR INFLAMMATION OF THE THROAT.

(CYNANCHE TONSILLARIS.)

*Symptoms.*—Difficulty of swallowing, with redness and swelling in one or both tonsils, dryness of the throat, lancinating pains in the part affected, hoarseness of the voice, a frequent and difficult excretion of mucus, with feverishness. If neglected, or treated improperly, the swelling of the tonsils increases, prevents swallowing, and makes the breathing extremely difficult. Sometimes the patient dies of starvation, from the impossibility of his swallowing any food.

*Treatment.*—The best way to treat this disease is to administer a vapour bath and an emetic as soon as the symptoms are perceived, and to repeat them as often as required. The throat should be gargled frequently with a decoction of lobelia herb, made mucilaginous with slippery elm, and a poultice (No. 61) applied to the neck, and kept warm with several folds of flannel. Make a strong decoction of hemp-

seed: put it into a tea-pot or other convenient vessel, and inhale the steam from it several times a day. Or use the following decoction:—Take of wormwood, hops, and catnip, equal parts, and make a strong decoction by boiling them in equal parts of vinegar and water. The feet should be placed in hot water every night, and a hot brick or bottle placed to the feet when in bed. If the bowels are costive, give a dose of aperient powder every night.

When the inflammation has subsided, the throat may be gargled frequently with the following gargle:—Take of meadow fern burrs,  $\frac{1}{2}$  oz., powder of sumach berries,  $\frac{1}{2}$  oz., unicorn root,  $\frac{1}{2}$  oz.: pour upon this 1 pint of boiling water: let it steep two hours, then strain, and sweeten with honey. During the whole time the patient should drink freely of sweating herb tea, or No. 3 composition.

## PUTRID SORE THROAT.

(CYNANCHE MALIGNA.)

*Symptoms.*—It usually commences with feverishness, which is sometimes accompanied by nausea and vomiting, with soreness and inflammation of the throat. The breath becomes very offensive. Ash-coloured spots appear upon the inflamed parts, which produce deep ulcerations. Great debility or prostration of strength attends this disorder. The inflammation often extends to the ears, producing deafness, and sometimes it extends to the brain, producing delirium. As the ulcers spread, they generally become of a darker colour, and the space between them of a

purple hue. Sometimes the stomach and bowels become affected with the putrefaction of the throat.

*Treatment.*—At the onset give a vapour bath and an emetic. Then give the following mixture:—Take two teaspoonfuls of cayenne, one teaspoonful of table salt, and a teacupful of boiling water: let it steep about a quarter of an hour, then strain it through a fine cloth, and add a teacupful of good vinegar to it. Give a tablespoonful every fifteen or thirty minutes. Also gargle the throat with it occasionally.

If putrid ulcers appear in the throat, it must be gargled frequently with a mixture of equal parts of yeast and milk, followed with a gargle made of No. 1 composition. The No. 1 composition tea may be drunk freely. The throat should be bathed externally several times a day with acid tincture of cayenne, No. 18; the throat should be rubbed ten or fifteen minutes with it, and a flannel moistened with the same tied round the neck, with a dry flannel over it. If the acid tincture is not ready at hand, take a teaspoonful of cayenne and a gill of vinegar; simmer them four or five minutes; then strain, and use instead of tincture.

Purgatives must not be given in this disease. If the bowels are costive, administer an injection of yeast and milk in equal parts twice a day.

If the stomach and bowels are affected with the putridity of the throat, give a wineglassful of yeast and milk four or five times a day: also continue the mixture of cayenne, salt, and vinegar; or give freely of No. 1 composition, with a tablespoonful of tincture of myrrh, No 20, in each dose.



## COMMON SORE THROAT.

THIS is a common attendant upon colds. The throat at first feels dry, as though it were impossible to wet it, and pain is experienced in attempting to swallow. It is attended with a tickling cough, and sometimes an inclination to vomit.

*Treatment.*—The most certain way to cure this complaint is to take a vapour bath and an emetic (No. 13). Go to bed, and apply to the neck a stocking filled with hops or chamomile flowers, moistened with hot vinegar. Put to the feet a hot brick, or a bottle filled with hot water, wrapped in a cloth wet with vinegar and water. In very slight attacks it will be sufficient to use the stocking and hot brick only, the patient taking freely of No. 3 composition.

## CROUP.

(CYNANCHE TRACHEALIS.)

THIS is an inflammation of the mucous membrane of the windpipe, and is generally produced by a cold.

*Symptoms.*—It sometimes comes on very suddenly, in the night; but it is usually ushered in with a harsh dry cough, which has a peculiar shrill sound, with difficulty of breathing. Every fit of coughing agitates the patient very much, and there is great difficulty in expectorating. As the disease advances the breathing becomes more difficult, and is performed with a peculiar hissing noise. There is considerable danger

attending this disease, as a great quantity of lymph is poured out into the windpipe and bronchial tubes, causing an obstruction to the passage of air to and from the lungs.

*Treatment.*—Put the feet in warm water, and give an emetic (No. 13—*see table of doses*). After the emetic has operated, give a vapour bath if the patient can bear it. Give the following tea:—Take of lobelia herb,  $\frac{1}{4}$  oz., prickly ash berries, 2 dr., scullcap,  $\frac{1}{4}$  oz., cayenne,  $\frac{1}{4}$  dr., hot water, 1 pint: cover it up, and let it steep fifteen or twenty minutes; then strain, and sweeten with honey or sugar. For a child, give a tablespoonful every twenty or thirty minutes, or give the same quantity of No. 42 cough syrup. Rub the throat with the following:—Take of cayenne half a teaspoonful, vinegar a gill: simmer four or five minutes, then strain. It should be rubbed on the neck and throat for ten or fifteen minutes, then a flannel, dipped in the liquid and wrung, should be tied round the neck. Renew the application every two or three hours; or it may be changed occasionally for a bandage of hot hops moistened with vinegar. If the patient is old enough to inhale steam, steep some hops in vinegar, and allow the patient to inhale the steam. If the bowels are costive, give a dose of aperient powder No. 9 once a day, or administer an injection. The vapour bath and emetic may be repeated as often as the symptoms become severe. Great care must be taken to keep the room of an even temperature; and the child must not be removed out of a warm room into a cold one, but kept in one room of a mild temperature.

The inflammations of the pharynx and larynx are

of a similar nature, produced by the same cause, and require the same treatment.

## INFLAMMATION OF THE BRONCHIAL TUBES.

(BRONCHITIS.)

THIS is an inflammation of the mucous membrane of the bronchial tubes (the tubes which convey the air into the lungs). It is either chronic or acute.

*Symptoms.*—In its simplest form it appears like a protracted cold. Severe attacks generally commence with feverishness, tightness and oppression of the chest, and a cough. The breathing becomes short and difficult, attended with a wheezing or rattling sound, as if the air were forced through a narrow aperture clogged with mucus.

*Treatment.*—Place the feet in warm water, and give an emetic (No. 13). After the operation of the emetic, give the sudorific powder No. 12. The patient must drink freely of the tea recommended for croup, and inhale the steam of the decoction recommended for quinsy. The surface of the body should be bathed occasionally with warm water with a little carbonate of soda in it, as recommended for fever; or if the patient is of a chilly nature, give the vapour bath instead, which should be repeated every other day. The emetic also should be repeated occasionally.

## PLEURISY.

(PLEURITIS.)

THIS is an inflammation of the pleura, that is, the

membrane that lines the chest, and also forms the external covering of the lungs. It is usually caused by exposure to wet and cold.

*Symptoms.*—It generally commences with feverishness. After a few hours the patient is seized with a violent pricking pain in one or both sides of the chest, which is attended with coughing. The breathing is hurried and painful. The pain is much aggravated by coughing, or taking a full breath; on that account the patient endeavours to repress the cough, and is afraid to take a deep breath. The pulse is hard, strong, and frequent; and vibrates under the finger when pressed upon.

*Treatment.*—Give a vapour bath and an emetic (No. 13). After the emetic has operated, give the sudorific powders No. 12. After they have produced perspiration they must be continued several times a day, so as to keep up a gentle moisture on the skin. If the patient cannot take the vapour bath, bathe the feet in warm water, and place hot bricks or bottles of hot water to the feet and sides. Wrap the bricks or bottles in cloths wet with vinegar and water, and change them as often as they become cold. They should be continued until the inflammation is subdued.

Apply to the part affected one of the following external applications:—

1st,—Take equal parts of cayenne and lobelia seed, and make them into a paste with meadow-fern ointment, healing salve, or lard. Spread this on a piece of linen, and apply it to the part affected.

2nd,—Dip a flannel in No. 89, made as hot as it can

be borne, and apply to the part, renewing it as often as it gets cold.

3rd,—Take of tansy, wormwood, chamomile flowers, and catnip, equal parts; simmer for a short time in equal quantities of vinegar and water; then wrap the herbs in a flannel bag, and apply it to the part as hot as can be borne, renewing it as often as it becomes cold. If the bowels are costive, give an injection (No. 99) once a day, with a teaspoonful of No. 20 in it, or give a dose of aperient powder No. 9.

Great attention must be paid to the diet. The best thing the patient can take is milk thickened with slippery elm. This of itself will do wonders for patients suffering from any inflammation of the chest. Whatever else is taken must be of a mild, bland character, as arrowroot, sago, tapioca, &c.

When the inflammation is subdued, the patient may drink freely of No. 1 composition, to cleanse the tongue and stomach; and afterwards he may take the tonic bitters, No. 4, 5, or 6, to strengthen the stomach and improve the appetite.

## INFLAMMATION OF THE LUNGS.

(PNEUMONIA.)

THIS is a dangerous disease, for if it is not treated promptly and properly, the inflammation may proceed with such violence as to cause an effusion of blood or lymph into the texture of the lungs, so as to occasion suffocation.

*Symptoms.*—It generally commences with feverish-

ness, and an obtuse pain in the chest or side, attended with a cough, and great difficulty of breathing. The pain is considerably increased upon coughing, or taking a full breath.

*Treatment.*—Give a vapour bath (No. 110), and repeat it frequently. If the patient is unable to take a bath, place hot bricks or bottles to the feet and sides, first wrapping the bricks or bottles in cloths wet with vinegar and water. Give the sudorific powders No. 12 every twenty or thirty minutes, until there is a free perspiration, and the breathing is relieved. As soon as the patient is relieved, by a general perspiration, give an emetic (No. 13), and repeat it occasionally if required; and continue the sudorific powders sufficiently often to keep up a gentle perspiration. Injections are of great importance in this disease, and should be administered twice a day. If the cough is troublesome, give No. 42 cough syrup. The best drink for the patient is an infusion of horehound and boneset, made mucilaginous with slippery elm, and sweetened with honey. He may drink freely of it during any stage of the complaint: it will relieve the constricted state of the lungs, and loosen the phlegm. The feet should be bathed daily in warm water, with a little carbonate of soda in it. The third external application, recommended for pleurisy, may be applied to the chest. It will be found very serviceable to inhale the steam of the bitter decoction recommended for quinsy. When the inflammation is subdued, attend to the stomach: give No. 1 composition, and when the tongue is clean, give the bitters, to strengthen the system.



Great attention must be paid to diet, as in pleurisy, which see.

## CONSUMPTION. (PHTHISIS PULMONALIS.)

THERE are many diseases of the lungs denominated by the general term consumption, but the most usual is that which arises from a deposition of waste matter throughout the lungs, forming tubercles, which from any depressing or debilitating cause increase in size and run into each other, forming indurated masses of a yellow colour; and if the disease is allowed to progress, these parts soften, inflame, and break, and the discharge passes into the air tubes, and is thrown up by coughing. In this manner cavities are formed in the lungs, and sometimes blood-vessels are destroyed, giving rise to copious hemorrhage.

Tubercles do not always prove fatal: they may exist in the lungs for many years, and may be prevented from enlarging and softening by a proper attention to health.

*Symptoms.*—It generally commences with a dry, hacking cough, which is readily excited by exertion, but which may continue many months without expectoration, except of a small portion of glairy mucus. A sense of pain or tightness is experienced in some part of the chest, especially when taking a full breath. The breathing is rendered difficult by bodily motion or unusual exercise. There is con-

siderable debility and wasting away of the flesh. The appetite fails, and the skin is pale and sickly-looking. In this state the patient may continue a considerable length of time, during which, however, he is more readily affected by slight colds; and upon one or other of these occasions the cough becomes much more troublesome and severe, particularly at night, and the expectoration is greatly increased towards morning. The expectoration soon consists of a thick, purulent matter, of a greenish or yellow colour, and is sometimes streaked with blood; and in some instances a considerable quantity of blood is thrown up. The general debility and the difficulty of breathing increases, pain is felt on one side, and the patient is unable to lie on that side. The tongue is generally beset with canker, and there is a bluish and pearly whiteness of the eyes. The palms of the hands and the soles of the feet are affected with a burning sensation. The bowels are usually costive, but in more advanced stages a diarrhœa generally comes on. Cold, clammy sweats break out towards morning, followed by great debility. In the last stage of the disease, the emaciation is so great that the patient has the appearance of a walking skeleton. This stage of the complaint is generally attended with a copious diarrhœa, dropsical swelling of the feet and legs, hoarseness or failure of the voice, sore mouth, and ulceration of the throat; and several days before death the extremities generally become very cold.

*Treatment.*—As this is a difficult disease to cure, it will require great care and attention, especially as

regards diet, air, and exercise. If the patient is in the last stage of the disease, all that can possibly be done is to mitigate the severity of the symptoms. It is advisable that active treatment should be adopted upon the first attack of this dangerous and deceitful disease, so as to check its further progress, and strengthen and fortify the body to throw off its effects, and to prevent future attacks. Administer a vapour bath of bitter decoction No. 110, after which sponge the body with No. 89. Put the patient in bed; place a hot brick or a bottle of hot water to his feet, and administer an emetic (No. 13). The bath and emetic should be repeated about once a week. The whole surface of the body should be sponged every evening with No. 89 liniment, and every morning with a strong decoction of poplar bark. The whole surface should be rubbed dry and warm afterwards with a rough towel. If this is attended to regularly, it will prevent the debilitating night-sweats. If the appetite is impaired, give the tonic bitters, either No. 4, 5, or 6. If the bowels are costive, give an injection (No. 107). If the patient is troubled with diarrhœa, give a dose of No. 10 three times a day, in a little composition tea (No. 1). The cough syrup must be taken regularly about three times a day. It will be better to take No. 42, and after a time to change it for No. 43; or if the one appears to be more beneficial than the other, continue the use of the one only. These syrups will relieve the chest from the tightness and pain, and will powerfully assist the lungs to expectorate any accumulation that would otherwise irritate them and cause coughing.

The patient's food should be very light, and easy of digestion. Milk thickened with slippery elm is an excellent article of diet; it should be taken by consumptive patients for breakfast and supper. If the bowels are costive, white bread should not be eaten, but coarse bran bread. Butter, cheese, fat meat, and all greasy and oily substances, should be avoided, and everything that the patient finds to be indigestible. He should take as much exercise in the open air as he can without fatiguing himself, and adopt the following practice daily:—Take a walk in a clear, calm part of the day, and walk very gently, with the face direct to the sun: take in a full breath, and allow it to pass out again gently: keep increasing gradually the depth or fulness of the inspirations, until every part of the lungs is properly inflated, that is, till they are expanded as much as they will expand. Continue this exercise as long as it can be done conveniently, but never over-exert the lungs. If this is practised daily, it will soon overcome any constriction of the chest, increase the capacity of the lungs, and bring every part into active and vigorous operation. It will exercise a more beneficial influence upon the lungs than all the medicine in the world, and is of itself an excellent preventative of lung diseases. It is very beneficial to public speakers, as it so wonderfully increases the power and tone of the lungs, and the volume and strength of the voice, and fortifies the throat and chest against the numerous complaints to which public speakers are so liable, through over-exertion.

## A S T H M A

### (ASTHMA)

Is a spasmodic affection of the lungs, which comes on by paroxysms, most generally at night. It often seizes the patient suddenly after the first sleep. It is attended with a great difficulty of breathing, which is characterized by shortness and frequency, with a wheezing noise; the patient experiences great tightness across the chest, and a sense of approaching suffocation. The symptoms are increased if the patient attempts to lie in a horizontal position. Towards morning there is generally an expectoration of thick phlegm, which considerably relieves the patient. A similar attack may occur the succeeding night: and thus it continues, sometimes for a considerable length of time.

This disease, in the majority of instances, is associated with feebleness of digestion; and an attack is generally preceded by drowsiness, flatulency, pain in the head, lowness of spirits, and a sluggish or costive state of the bowels.

*Treatment.*—Place the feet in warm water, and give two teaspoonfuls of tincture of lobelia, No. 15 or 16, in a little composition tea. Repeat the dose every twenty minutes, until free vomiting is produced. When the symptoms are urgent, the antispasmodic tincture No. 28 will do better than the tincture of lobelia. Give a tablespoonful in a little milk or warm water. Repeat the dose, the same as the other. As

soon as the patient has vomited freely, administer the vapour bath.

Between the paroxysms adopt the following treatment:—Give once a week a vapour bath; after which sponge the body all over with the stimulating liniment No. 89, and put the patient in bed, placing a hot brick or a bottle of hot water to his feet, first wrapping the brick or bottle in a cloth wet with vinegar and water: then give an emetic (No. 13). Sponge the whole body night and morning with the stimulating liniment No. 89, to be used cold; or use cold water and salt.

The patient must avoid all causes which produce the fits, and must pay great attention to his diet, avoiding everything that is indigestible. If the appetite is impaired, give the tonic bitters, No. 4, 5, or 6. For the cough and difficulty of breathing, give the cough syrup No. 43.

## WHOOPIING COUGH.

(PERTUSSIS.)

THIS disease generally commences with languor, sneezing, hoarseness, cough, and occasionally some oppression in breathing. In about ten days or a fortnight the cough becomes worse, and of a convulsive, strangulating kind, attended with the peculiar whooping which distinguishes this complaint. It makes its attacks in fits or paroxysms, which terminate in an expectoration of phlegm or mucus, and in some instances by vomiting. The bowels are mostly



disordered, accompanied not unfrequently with loss of appetite, headache, fever, and a coated tongue. Sometimes, however, it happens that the patient does not experience any particular indisposition.

*Treatment.*—Put the feet in warm water every night, and place a hot brick or bottle of hot water to the feet in bed; and during the day take care to keep the feet warm and dry. If there is any feverishness, give a few doses of sudorific powder No. 12. Regulate the bowels with the aperient powder No. 9, and if the symptoms are very urgent, give an emetic (No. 13). For the cough give the cough syrup 42 or 43. No. 50 pills are very useful in this complaint. Some practitioners speak very highly of the tincture of black cohosh. Dose, for a child three or four years old, from half a teaspoonful to a teaspoonful four or five times a day.

The diet must be light and nourishing, and a change of air should be had if possible, as that frequently very much assists in the cure.

## INFLUENZA.

(TUSSIS EPIDEMICUS.)

THIS complaint is the effect of a severe cold. It generally commences with chilliness, sneezing, hoarseness, pain in the head, attended with a sense of tightness across the forehead. The strength is very much prostrated early in the attack. The stomach and bowels are very torpid, and there is a copious flow of thin, watery humour from the nose.

The eyes are tender and watery, and there is generally a troublesome cough, oppressed breathing, and frequently fever.

*Treatment.*—The vapour bath is a most important remedy in this complaint, and if repeated sufficiently often, with other means, will remove the most violent attacks. It should be administered every day, or every other day, and the whole surface of the body rubbed well after each bath with the stimulating liniment No. 89. The patient must drink freely of No. 3 composition, and take No. 50 pills as often as the stomach can bear them without nausea. If the cough is troublesome, give No. 40 or No. 42 cough syrup. Regulate the bowels with the aperient powder No. 9. If there is pain in the chest, apply either of the outward applications recommended for pleurisy.

## COLDS AND COUGHS.

(TUSSIS.)

COLD arises from a loss of heat, and a diminution of nervous energy, causing an obstruction of the perspiration, which, if neglected, may lead to something worse. Colds are the forerunners of very many forms of disease. The majority of cases of consumption, among other fatal diseases, originate from neglected colds; and yet many people affect to despise a common cold, because the immediate symptoms are not alarming; hence it is that they produce such mischief and fatality.

Attention to a common cold, so as to prevent further consequences, is of the greatest importance, however simple may be the exhibition of its first symptoms.

*Treatment.*—The usual forms of cold require nothing more than to restore the perspiration, and then all goes on as well as ever. For this purpose, give a teacupful of herb tea, made from any of the sweating herbs, as catnip, pennyroyal, yarrow, or angelica. Put a teaspoonful of No. 3 composition in each dose, and repeat the dose three or four times a day. At night place the feet in warm water: give a dose of the tea, warm; and when the patient is in bed, put a bottle of hot water to the feet, wrapped in a cloth wet with vinegar and water. Then give a basin of hot gruel. If it is required, repeat this treatment for a day or two. If the cold is very severe, treat as if for influenza. If the cough is troublesome, give any of the cough syrups, 40, 41, 42, or 43. For soreness of the throat, wrap a stocking round the neck upon going to bed, previously putting a handful of hops or chamomile flowers in the stocking, wet with hot vinegar.

## INFLAMMATION OF THE HEART.

(PERICARDITIS.)

THIS is an inflammation of the membrane which surrounds the heart.

*Symptoms.*—Pain in the region of the heart, with a suffocating weight, violent palpitation, difficulty of

breathing, which is increased by motion or exercise. The pulse is frequent and bounding. Pressure upon the part aggravates the symptoms.

*Treatment.*—Give a vapour bath, and repeat it every day or every other day. Give the sudorific powders No. 12 every fifteen or thirty minutes, till perspiration is produced; then about three or four times a day, or sufficiently often to keep up a gentle moisture of the skin. Bathe the feet frequently in warm water, and give a dose of aperient powder No. 9 every night.

Stimulating food or liquids must not be taken. (*See the directions for pleurisy.*) The patient must also avoid violent exercise or fatigue.

## INFLAMMATION OF THE STOMACH.

(GASTRITIS.)

*Symptoms.*—Constant burning pain in the stomach, accompanied with feverishness, and depression of spirits. The pain is generally increased by pressure upon the stomach. There is great restlessness and prostration of strength, severe vomiting, especially when anything is swallowed, and distressing thirst. If the disease is not subdued, other symptoms arise, such as difficulty of swallowing, hurried and oppressed breathing, and sometimes fainting and fits will ensue. It may terminate either in suppuration or gangrene. (*See page 17.*)

*Treatment.*—The treatment of this disease must be very prompt, and perseveringly applied. The chief reliance must be upon the vapour bath and mucila-

ginous drinks. Give a vapour bath of bitter decoction No. 110, which must be repeated every four or six hours, for even when we have gained a remission of the urgent symptoms, they are liable to return quickly, until the inflammation is subdued. The sudorific powders No. 12 must be given, and persevered with. The region of the stomach should be bathed frequently with the hot decoction of bitter herbs, as recommended for pleurisy, and the herbs wrapped in a flannel bag and applied hot to the region of the stomach, renewed as often as they become cold.

Mucilaginous drinks are very useful ; and as the digestive process is partially stopped, the patient should take no other food than milk thickened with slippery elm, sago, gruel, or arrowroot. The slippery elm is preferable to anything else, and, taken instead of food, will of itself do a great deal towards reducing the inflammation, and preventing that extreme irritability of the stomach which causes it to reject everything else. It must be given in very small doses, repeated frequently. The greatest care is necessary in regard to food and drink, even when the patient appears to be out of danger, for improper food taken into the stomach may cause a return of the inflammation. Wine and spirits, and all stimulating food, must be strictly avoided. Purgatives must not be given, but if the bowels are costive, administer No. 99 injection night and morning. The hot brick or bottle should be kept to the patient's feet the whole of the time he is in bed, changing it as often as it becomes cold.

## INFLAMMATION OF THE DIAPHRAGM OR MIDRIF.

(PARAPHRENITIS.)

*Symptoms.*—Violent pains under the short ribs, striking through to the back. The breathing is quick, short, and difficult, and there is frequently sickness and hiccups. The violence of the pain generally causes a great distortion of the face, as if the patient were grinning. It is produced by the same causes as pleurisy, and requires the same treatment.

## ACUTE INFLAMMATION OF THE LIVER.

(HEPATITIS.)

THE symptoms of this disease are very diversified, but it usually commences with a pain in the right side, about the false ribs. The pain generally extends to the right shoulder, and in some instances it is confined to the shoulder. There is a deranged condition of the stomach and bowels, with sickness, and often a vomiting of bilious matter, a short dry cough, oppression of breathing, and a difficulty of lying on the left side. The urine is scanty, and of a deep saffron colour. There is a loss of appetite, great thirst, and costiveness: a strong, hard, and frequent pulse, and generally more or less fever. When the disease has continued for some days, the skin and eyes become tinged with a deep yellow, showing that the bile has been thrown into the circulation.



*Treatment.*—As in all other inflammatory diseases, the first object must be to lessen the undue determination of blood to the part, by equalizing the circulation. Give the vapour bath and the sudorific powders No. 12 sufficiently often to keep up a gentle perspiration. If the sickness and distress at the stomach continue after the perspiration is established, give an emetic (No. 13), and repeat it every day if it is required. Apply to the side either of the external applications recommended for pleurisy. Give a dose of aperient powder every day.

Continue this treatment, not only till the pain is abated, but until all the symptoms are subdued. Then cleanse the tongue and stomach with No. 1 composition, and give the tonic bitters, No. 4, 5, or 6, with No. 51 pills. Let the food be light and nourishing, avoiding fat meat, butter, and all greasy and indigestible substances. The patient must carefully avoid taking cold, as that is very likely to bring on the inflammation again.

If the inflammation should terminate in an abscess of the liver, which will be indicated by the symptoms mentioned page 17, give the tonic bitters freely, to keep up the strength of the patient; and if the abscess points externally, apply No. 61 poultice until the matter is discharged.

## CHRONIC INFLAMMATION OF THE LIVER, OR LIVER COMPLAINT.

*Symptoms.*—Yellowness of the skin and eyes, indigestion, variable appetite, headache, debility, costive-

ness, a morbid sensibility of the nervous system, and sometimes a dull pain in the region of the liver, extending to the right shoulder.

*Treatment.*—As this disease results mostly from torpidity of the liver, the principal object must be to correct the disordered state of the stomach and bowels, and give tone and energy to the liver. Give a vapour bath and an emetic (No. 13) about once a week. After the bath, sponge the body with the stimulating liniment No. 89. Give the tonic bitters freely, No. 4, 5, or 6; also the No. 51 pills. Apply a strengthening plaster (No. 97) to the side, and pay great attention to the diet.

## INFLAMMATION OF THE SPLEEN.

(SPLENITIS.)

THIS disease very much resembles inflammation of the liver, except that the pain is on the left side. It is either acute or chronic, like that disease, and is liable to the same terminations.

Treatment the same as for inflammation of the liver.

## INFLAMMATION OF THE BOWELS.

(ENTERITIS.)

*Symptoms.*—Acute pain in the bowels, which shoots round the navel in a twisting manner, and is much increased by pressure. There is obstinate costiveness, and vomiting, generally of bilious matter, with fever-

ishness, and great depression or loss of strength. The pulse is quick, hard, and contracted.

This is a dangerous disease, unless it is attended to promptly, as the inflammation progresses sometimes with great violence, bringing on ulceration or gangrene.

*Treatment.*—Administer No. 99 injection, and repeat it every two hours. These injections exercise a very soothing and relieving influence upon the bowels, whilst purgatives frequently produce great irritation, and increase the inflammation. As soon as the bowels are relieved, give a vapour bath, and then the sudorific powder No. 12, sufficiently often to keep up a gentle perspiration. Apply to the bowels the third external application recommended for pleurisy, and change it as often as it becomes cold. The vapour bath should be repeated as often as the extremities become cold, or the patient experiences an increased determination inwardly. Keep the hot brick or bottle of hot water to the feet the whole of the time that the patient is in bed.

All stimulating food and drink must be strictly avoided. The patient must be confined to mild food, as recommended for inflammation of the stomach.

## INFLAMMATION OF THE PERITONEUM.

(PERITONITIS.)

THE peritoneum is the membrane that forms the inner part of the abdomen or belly, and the outer covering of the intestines, &c. Inflammation of this

membrane is indicated by symptoms very similar to that of inflammation of the bowels, and requires the same kind of treatment.

## INFLAMMATION OF THE KIDNEYS.

(NEPHRITIS.)

*Symptoms.*—Pain in the region of the kidneys, which shoots down towards the bladder, and is increased by pressure over the part affected. There is a benumbed sensation in the thigh of the side affected. There is a frequent desire to make water, with great difficulty in passing it, and it is voided in small quantities at a time. It is attended with more or less fever, and frequently with sickness and vomiting, and the bowels are generally costive.

*Treatment.*—Give the vapour bath, and repeat it occasionally, and the sudorific powder No. 12, to keep up a gentle perspiration, and place the hot bottle to the feet when the patient is in bed.

Bathe the back two or three times a day with the tincture of cayenne, No. 17 or 18, and apply a flannel to the back, previously wetting the flannel with the tincture. If you have not the tincture at hand, take a teaspoonful of cayenne, and simmer it four or five minutes in a gill of vinegar. Give the No. 83 diuretic decoction, and administer No. 99 injection night and morning.

The food must be thin and light, and everything of a heating or stimulating nature must be avoided.

Slippery elm tea or marsh mallow tea may be drunk freely.

## INFLAMMATION OF THE BLADDER.

(CISTITIS.)

*Symptoms.*—Burning pain in the region of the bladder: the abdomen is more or less swollen. There is a constant desire to make water, and a difficulty of voiding it, or a total stoppage. The bowels are generally torpid. It is attended with feverishness, and not unfrequently there is sickness, with vomiting, and sometimes delirium.

*Treatment.*—Similar to inflammation of the kidneys. The injection No. 99 should be repeated every two hours, until the violence of the symptoms is abated. It exercises a powerful influence over the bladder, allaying the pain, and tending in an especial manner to subdue the inflammatory action, and by its relaxing nature will overcome that constriction which prevents the proper discharge of the water.

Apply over the region of the bladder the third external application recommended for pleurisy. The hip-bath No. 109 frequently proves of great service in this disease, and should be repeated often.

## GOUT.

(PODAGRA.)

THIS disease proceeds from a corrupt state of the blood, which is generally produced by excessive feeding and drinking, with deficient exercise. The consequence is, that there is such a deficiency of the

secretion of perspiration, urine, &c., as to corrupt the blood with the elements of those things that should have been ejected from the body, which at times accumulate to such an extent as to be thrown upon some weak or debilitated part of the body, or it becomes obstructed in the tissue or covering of some of the joints that are most remote from the heart, causing the inflammation, pain, and other symptoms of an attack of gout. The inflammation of the joints in gout does not terminate in suppuration or gangrene, but by an effusion of a chalky liquid which is deposited at the joints, causing that stiffening of them which happens after repeated attacks.

*Symptoms.*—An attack of gout sometimes comes on very suddenly, without any warning, but mostly it is preceded by an unusual coldness of the feet and legs, with diminished appetite, flatulency, and indigestion. A degree of languor is felt over the whole body, and generally the bowels are costive. When the attack comes on, the joint of the great toe, the heel, or perhaps the whole foot is affected with severe pain, which increases until the swelling and inflammation is fully established, the duration of which will be according to the state of the body, the time of the year, and the age of the patient. The inflammation may also attack the knee, hand, wrist, elbow, or shoulders; or change from one joint to another. Sometimes, instead of its continuing the usual time, and going off gradually, it ceases suddenly, and is translated to some internal part. When it falls upon the stomach, it generally produces pain there, with sickness and vomiting. When on the heart, it brings



on faintings and palpitation. When it falls on the lungs, it produces an affection resembling asthma; and when it occupies the head, it is apt to give rise to apoplexy or palsy. Sometimes, instead of its beginning in the usual manner, it occasions an inflammation of some internal part, which appears with similar symptoms to those which attend inflammation from other causes, and requires similar treatment.

*Treatment.*—Our first object must be to restore the deficient secretions, and to cleanse the stomach and bowels. Administer a vapour bath of bitter decoction No. 110; then give an emetic (No. 13). After the bath rub the whole body with the stimulating liniment No. 89. Repeat the bath and emetic every other day. Give the following mixture:—Take of crawley root,  $\frac{1}{4}$  oz., pleurisy root,  $\frac{1}{4}$  oz., bark of sassafras root,  $\frac{1}{2}$  oz., prickly ash berries,  $\frac{1}{2}$  oz., unicorn root,  $\frac{1}{2}$  oz., boiling water, 1 pint: cover it, and let it steep for two hours; then strain it, and add 2 drs. of carbonate of soda. Dose, a wineglassful every hour or two hours, until there is a free perspiration all over the body; then give it only about three or four times a day, or sufficiently often to keep up a gentle moisture on the skin. Mix with it a dose of the diuretic decoction No. 32, three or four times a day. Give a full dose of the aperient powder No. 9 every night.

The vapour of bitter herbs, as No. 110, may be applied to the part affected three or four times a day, or as often as the pain is most severe, and No. 59 poultice kept on the part during the intervals. This treatment must be fully carried out, until the inflammation is entirely subdued, and also continued for

some time afterwards, at longer intervals. Thus, the frequency of the vapour bath may be gradually reduced to once a week or fortnight. The diuretic decoction should be continued twice a day for several weeks afterwards, and, instead of the mixture, give the No. 1 composition until the tongue is clean; then give the tonic bitters, No. 4, 5, or 6. The body should be sponged every morning with cold soft water with some salt in it, and after the patient is wiped dry he should use the flesh brush or a rough towel, to restore warmth to the surface. He should take two or three hours' exercise daily in the open air, and avoid malt liquors and acidulous wines.

## RHEUMATISM.

(RHEUMATISMUS.)

THIS disease is generally caused by taking cold. Those who are not sufficiently careful after taking severe exercise are very liable to it, as the system is then fatigued or debilitated, and less capable of resisting the paralyzing influences of cold. It is either acute or chronic. There is also another species of rheumatism, called mercurial rheumatism, which attacks those whose bones are impregnated with mercury.

*The Acute.*—This is generally called rheumatic fever, but, although it is generally attended with strong fever, it differs considerably from simple fever, inasmuch as the cause of the obstruction extends its influence to the parts beneath the skin, as the ligaments and cellular investments of the joints, the

sheaths and coverings of the tendons, and the envelopes of the nerves, producing inflammation in them. In some cases it so nearly resembles gout as scarcely to be distinguished from it, especially when the blood is in a depraved condition, in consequence of an inactive state of the secretory organs of the body.

*Symptoms.*—It generally commences with the usual symptoms of fever, which are soon succeeded by severe pain and swelling in one or more of the large joints, with an inability to move them. The pain frequently shifts from one joint to another, leaving the part it occupied red, swollen, and tender to the touch. The tongue is coated, and the bowels are generally costive. This form of rheumatism is liable, if improperly treated, to be translated to some of the internal organs, the same as in gout, and produces very similar symptoms.

*Treatment.*—If the skin is hot and dry with the fever, bathe the body all over with warm water containing carbonate of soda. If the skin is not very hot and dry, give the vapour bath of bitter decoction No. 110, after which wash the body with the carbonate of soda water, or the stimulating liniment No. 89. Whilst in the bath, give a dose of the mixture recommended for gout, and continue it four or five times a day; also give the diuretic decoction in it three or four times a day. Give an emetic (No. 13) occasionally. Give a dose of aperient powder No. 9 every night, if the bowels are costive. As an external application to the joints affected, first bathe them well with hot water with carbonate of soda in it, then apply No. 59 poultice, mixed with the soda water, until the

inflammation is abated. When the inflammation is subdued, the parts should be rubbed well with the stimulating liniment No. 89, and flannels wet with it bound over the part affected. The vapour bath or sponging may be repeated every day or every other day, but if the skin is very hot and dry, the sponging should be repeated twice a day. During recovery, great care must be taken to avoid taking cold, as in this complaint the patient is very liable to do so, and suffer a relapse of all the symptoms. The composition and bitters may be used during recovery, as directed for gout.

### CHRONIC OR COMMON RHEUMATISM.

THIS differs from the acute in its not being attended with fever or much inflammation, and the pain being usually confined to some particular part of the body. It seizes chiefly upon such parts as the shoulders, loins, hip, or the knee, ankle or wrist, and sometimes the muscles. It is characterized by pain which is increased by motion of the part, and by stiffness of the joint affected.

*Treatment.*—As this kind of rheumatism is attended with debility as well as obstruction, diffusive stimulants are decidedly useful. In slight attacks, when the pain is felt in only one part of the body, apply the rheumatic drops No. 29 three or four times a day, rubbing the part briskly for ten or fifteen minutes.

If it is a case of long standing, more efficient means will generally be required, as the following :—Give a vapour bath of bitter decoction No. 110, after which

rub the body well with the stimulating liniment No. 89 ; then give an emetic (No. 13). These should be repeated about once a week. Give the following mixture :—Take of prickly ash berries, 1 oz., bark of sassafras root,  $\frac{1}{2}$  oz., gum guaiac,  $\frac{1}{4}$  oz., burdock seed,  $\frac{1}{2}$  oz., meadow fern burrs, 1 oz. : pour upon them three half-pints of boiling water ; cover it, and let it steep four hours ; then strain. Dose, a wineglassful, four times a day. Give two No. 50 pills after each meal. Rub the parts affected with the rheumatic drops No. 29. The bowels must be kept regular, and the food should be nutritious and stimulating. Cayenne may be sprinkled upon the food with advantage.

If, through negligence or improper treatment, any of the joints become stiffened or otherwise crippled, they should be steamed twice a day, or soaked in hot water with carbonate of soda in it, and the following mixture rubbed on the part :—Take of tincture of bloodroot, tincture of prickly ash, and tincture of cayenne, equal parts : shake them well together ; and when the affected parts have been rubbed with this mixture, wet a piece of flannel with it, and bind on the part, wrapping a piece of dry flannel over it.

*Lumbago* is rheumatism in the lower part of the back.

*Sciatica* is rheumatism in the covering of the sciatic nerve in the thigh.

They require the same treatment as the chronic rheumatism.

## MERCURIAL RHEUMATISM.

THIS is the worst species of rheumatism, and by

far the most difficult to cure. As its name implies, it is produced by the poison mercury. At every change of the weather the patient feels the most distressing pains. The poor mercurial rheumatic is so charged with mercury that he is a complete barometer, and is able to tell the changes in the weather as correctly as the most perfect weather-glass.

*Treatment.*—Give a vapour bath of bitter decoction No. 110, after which rub the body well with the stimulating liniment No. 89 ; then give an emetic (No. 13). These should be repeated about once a week. Also give freely of some of the alterative or antiscorbutic syrups. The infusion recommended for chronic rheumatism is also very useful. Keep the bowels open with sulphur and cream of tartar mixed in treacle. Apply to the joints affected a plaister composed of sulphur and Venice turpentine, and renew it often.

## ERUPTIVE DISORDERS.

THE first four of this class appear to arise from a specific morbid contagion, which generally works such a change upon the system as to make it less liable to another attack of the same disease. These diseases are generally accompanied by fever, all the symptoms of which may be observed while the contagious matter is in the circulation. As soon as the morbid matter is properly thrown to the surface, the fever subsides, but if from cold or other cause the eruption is stopped, and driven inward, it returns immediately. There are other disorders of this class that are contagious, but less so than those already mentioned,



and they are not attended with so much fever. The others appear to arise from a corruption of the humours, through deficient secretion and excretion, and a disordered stomach and bowels.

## SMALL POX.

(VARIOLA)

*Symptoms.*—The first symptoms of this disease are—feverishness, with redness of the eyes, soreness of the throat, pains in the head, back, and loins; weariness and faintness: alternate fits of chilliness and heat; loss of appetite; thirst and nausea; cold hands and feet. In young children, convulsions sometimes take place previous to the eruption. The eruption shows itself generally about the third or fourth day, though sometimes it is much longer before it appears. It appears at first in little red spots, similar to flea-bites, on the face, neck, and breast. They continue to increase in number and size, and when the eruption is fully out, the feverishness subsides. As the pustules increase in size, the face swells considerably, if they are numerous on it; previous to which there is generally a hoarseness of the voice, and a difficulty of swallowing, accompanied with a considerable discharge of viscid saliva from the mouth.

As the disease proceeds, the matter in the pustules becomes changed in colour: first it becomes more opaque or cloudy, then white, and at length it assumes a yellowish colour. About the sixth or eighth day, suppuration takes place, as is seen by the change of colour in the fluid contained in the pustules. The

fever generally returns during this stage of the disease, constituting the secondary fever.

About the eleventh or twelfth day, the swelling of the face and neck usually subsides, after which the pustules break and discharge their contents; and then, becoming dry, they fall off in crusts, leaving the skin of a darkish brown colour. Sometimes there is so much eruption that the pustules run into one another, in which case the fever and all the symptoms are much more severe.

Such is the process by which the constitution works out of the blood the poison of the small pox; for by the reaction it is thrown to the skin, and, by suppuration and other processes, entirely eliminated from the system. But these sanative operations of the constitution are liable to be perverted by various causes, and the disease to assume a malignant and dangerous character; hence great care and good nursing are essentially necessary in this complaint.

*Treatment.*—All that is required, in mild attacks of this disease, is to keep up a gentle determination to the surface. Give No. 3 composition, or the sudorific powder No. 12, about every three hours. Bathe the feet for about twenty minutes every day in warm water with a little carbonate of soda in it, with which also sponge the whole of the body every morning.

During the cold or forming stage the patient should be kept warm, but after the fever is established the covering should not be too great, nor the room uncomfortably warm, but well ventilated; and the patient should be kept very clean. The patient must abstain from animal food, and take a light vegetable diet.

He may drink freely of a tea made either from pennyroyal, catnip, sage, balm, or spearmint. If the bowels are costive, give an occasional dose of aperient powder No. 9, and if the stomach is much out of order, give an emetic (No. 13).

If any unfavourable symptoms should arise, such as striking inward of the eruption, intense fever, copious diarrhoea, black tongue, stupor, delirium, or great prostration of the vital powers, administer a vapour bath of bitter decoction No. 110, followed by an emetic (No. 13), and repeat them as often as the symptoms require it; and between the times of giving the bath, let the patient take freely of No. 3 composition, or the sudorific powder No. 12. After each bath the patient should be well sponged with warm water with carbonate of soda in it.

If there appears a tendency to putrescency in the fluids, give a wineglassful of yeast, mixed with a little milk, three or four times a day.

## CHICKEN POX.

THIS appears to be a very mild form of small pox. The eruptions make their appearance in some instances without any previous illness; in other cases there is slight feverishness for one or two days. The eruptions appear first in the neck, breast, and face, and gradually proceed downwards to the feet. They are filled with a whitish fluid, which gradually changes to a straw-colour. In three or four days they begin to dry up, leaving small brown scales. When the

pimples are large and round, the disease is distinguished by the name of swine pox.

*Treatment.*—The same as the mild form of small pox. When large sores are formed, they should be covered with healing ointment No. 76.

## MEASLES.

(RUBEOLA.)

*Symptoms.*—This disease generally begins with restlessness, chilliness, pain in the head, redness of the eyes, with an increased flow of tears, and a discharge of a watery humour from the nose, which produces sneezing; soreness of the throat, a hoarse, dry cough, difficulty of breathing, and vomiting. About the fourth day, or later, the eruption appears in small red spots, similar to flea-bites. They generally appear first on the face, and then spread over the body and extremities. They enlarge, run into each other, and form red patches, leaving the intermediate skin of a natural colour. The fever does not abate on the appearance of the eruption, as is the case in small pox. The eruption begins to fade in about three or four days, and from that time gradually disappears, accompanied with a separation of the cuticle (or outer skin) in the form of scales. In severe cases, the face and eyes are much swollen, the tongue brownish, and the eruption of a dark or livid colour; and the accompanying fever is sometimes of the low or inactive character, partaking of the nature of typhus. The measles and scarlet fever bear a close resemblance

to each other in the forming stage, but the former may be distinguished by the hoarse, dry cough, the sneezing, the watery discharge from the eyes, and the natural colour of the skin between the patches.

*Treatment.*—In the mild form of this disease much medicine is not required. Place the feet in warm water once or twice a day, putting a little carbonate of soda in the water, and give a dose of No. 3 composition, or the sudorific powder No. 12, three or four times a day. If the bowels are confined, give a dose of aperient powder No. 9 occasionally. The eyes should be washed several times a day with a tea made from slippery elm. Exposure to the damp or cold air must be avoided, and the diet must be very light. A bottle of hot water, wrapped in a cloth wet with vinegar and water, should be placed at the feet in bed. If the eruption is slow in making its appearance, and accompanied with strong fever and difficulty of breathing, administer a vapour bath of bitter herb decoction No. 110, or sponge the body over with warm water containing a little carbonate of soda, after which give an emetic (No. 13), and when the emetic has operated give the patient freely of No. 3 composition, or the sudorific powder No. 12. The vapour bath and emetic may be repeated if required. If the cough and difficulty of breathing continue, give No. 42 cough syrup.

After the disorder is cured, it will be advisable to give the patient a vapour bath (No. 110) about once a week, and also to give him the tonic bitters, No. 4, 5, or 6, freely. There is no disease that leaves the patient so susceptible of cold as measles.



## SCARLET FEVER.

(SCARLATINA.)

THIS disease takes its name from the colour of its eruption. It usually commences with languor, chilliness, and depression of spirits ; succeeded by heat, thirst, a dry skin, pains in the head, and sometimes nausea and vomiting, with a peculiar sensation of anxiety, depression, and sometimes fainting. In about two days the eruption appears upon the face, and in the course of about twenty-four hours diffuses itself over the whole body. In about five or six days the eruption begins to fade, and generally disappears in about two days afterwards, accompanied by a separation of the cuticle or outer skin, in the form of scales.

This disease is occasionally of a more malignant type, and tends rapidly to putrefaction. The eruption assumes a dark or livid colour, accompanied with dull and inflamed eyes, a small and feeble pulse, dark and fetid ulcers in the throat, rattling and oppressed breathing, copious discharge from the bowels, deafness, bleeding from the mouth and nose, with stupor and delirium.

*Treatment.*—In the mild form of this disease nothing more is required than the treatment recommended for the mild form of measles ; but if the skin becomes very hot, and dry, administer the sudorific powder No. 12 freely, and sponge the body twice or three times a day with warm water, adding a little carbonate of soda. If the throat is affected, use the remedy recommended for inflammatory sore throat. If the disease assumes the malignant character, administer the vapour bath of



bitter decoction No. 110, followed by an emetic (No. 13), repeated every day until the symptoms abate; and the patient must take of No. 3 composition frequently, in every dose of which put two or three teaspoonfuls of compound tincture of myrrh, No. 20. Purgatives must not be given, but injections of the composition and the tincture of myrrh should be administered twice a day.

During convalescence the patient must carefully avoid exposure to cold, and his diet must be light and nourishing. The skin must be kept very clean, and the patient should take plenty of exercise in the open air when the weather will permit. It will also be advisable to give a vapour bath (No. 110) about once a week, after which rub the whole surface of the body with the stimulating liniment No. 89, for unless great attention be paid to keeping up the tone of the skin, dropsical swellings are very likely to follow this disease. Also give freely of the tonic bitters, No. 4, 5, or 6.

## ERYSIPELAS, OR ST. ANTHONY'S FIRE

THIS consists of an inflammation of the skin, which appears in a blotch of a deep red or copper-colour, attended with more or less swelling, and a stinging, burning pain. It may attack any part of the body, but it is most common on the face and extremities. Usually, the first symptoms are languor, chilliness, loss of appetite, sickness, and pain in the head, neck, and back. This state of feverishness generally continues for two or three days before the erysipelas makes its appearance. The inflammation comes out in the form

of an irregular, circumscribed stain or blotch, which soon spreads over a greater or less extent of the contiguous surface. There is always more or less swelling, even at the commencement of the inflammation. On the fourth or fifth day blisters of various sizes make their appearance on the inflamed surface, containing a clear and watery fluid, which afterwards becomes of a straw-colour, and more or less gelatinous. In unfavourable circumstances the inflamed surface assumes a livid colour, and the blisters are followed by obstinate ulcers.

*Treatment.*—If the attack is only slight, give the sudorific powder No. 12, or No. 3 composition, sufficiently often to keep up a gentle perspiration. Confine the patient to a light vegetable diet. Poultice the part with No. 59 poultice, or with the pulverized bark of the black or pussy willow, mixed with milk. If there is a watery discharge from the blisters, sprinkle some of the elm powder on the part, to absorb it.

If the symptoms are severe, administer the vapour bath No. 110 every day. Confine the head in the bath, so as to steam the part affected. Give an emetic (No. 13), and repeat it every other day. Give an injection (No. 99), with a teaspoonful of No. 20 in it, every night and morning, and give the sudorific powder No. 12, or the composition No. 3, as before. If the blisters ulcerate, add yeast to the poultices, and wash the part at each renewal of the poultice with some soapsuds, followed by a tea of witch hazel or white pond lily. After the inflammation is subdued, give the tonic bitters, No. 4, 5, or 6, to strengthen the stomach; also give some of the alterative or antiscorbutic syrups, No. 45, &c., to purify the blood.

## NETTLE RASH, OR HIVES.

(UTICARIA.)

THIS is an eruption resembling the rash produced by stinging the skin with nettles. The skin is raised, and whitish on the top, with a hardness around the margin of the swelling, and more or less inflammation, attended with painful tingling or itching. It generally disappears and reappears suddenly, sometimes in one part of the body and sometimes in another. Occasionally it becomes chronic, and the swelling remains stationary for months. It proceeds from an impure state of the blood, and is usually connected with a disordered stomach and bowels.

*Treatment.*—Give a vapour bath of bitter decoction No. 110, after which rub the body well with stimulating liniment No. 89; then give an emetic (No. 13). Repeat these once a week. Give daily one of the antiscorbutic syrups, or No. 3 composition. Give a dose of aperient powder No. 9 every night. The diet must be light and nourishing. When the eruption is recent, apply tincture of lobelia, No. 15 or 16, to it, or vinegar and water. In cases of long standing, apply compound tincture of myrrh, No. 20, 28, or 18. The whole of the body should be sponged every morning with salt and water; or, if the patient is of a chilly nature, use No. 89, with an equal quantity of water.

## SHINGLES.

THIS disease is characterized by a number of inflamed patches, a short distance from each other, which generally

pass round the waist in the form of a girdle, without, however, entirely encircling the body. The patches soon become covered with a number of small blisters, which burst in about four or five days, and discharge a thick, glutinous matter, which forms into crusts or scales of a brownish colour, which in a few days fall off. The blisters dry up in some instances without the formation of scales, and in other instances they are followed by tedious ulcers. There is a vulgar but erroneous notion that the eruption proves fatal when it entirely surrounds the body. This eruption arises from morbid or acrid humours retained in the system.

*Treatment.*—Give a vapour bath and an emetic once a week, as directed for nettle rash; also the antiscorbutic syrup and composition. Regulate the bowels with the aperient powder No. 9, and great care must be taken with regard to the stomach. The patient must avoid all indigestible substances, and if the appetite is impaired, give the tonic bitter compounds. Sponge the body every morning as directed for nettle rash. As an external application, apply to the part affected the tincture of bloodroot, No. 25 or 27, or the cleansing wash No. 92. The patient must be cautioned against rubbing the heads off the blisters, as troublesome ulceration may follow.

### SCALLED HEAD.

THIS disease consists of a chronic inflammation of the skin of the head. It is accompanied by troublesome itching, and the discharge of a thick, offensive matter, which glues or mats the hair together, and forms into

yellowish or greenish scabs. At first it is confined to a small portion of the head, but by degrees its acrimony is extended to the neighbouring parts, sometimes affecting the eyes and ears, and the glands of the neck.

*Treatment.*—As this disease results from a disordered state of the body generally, means must be adopted to purify the blood and strengthen the body. If the patient is a child, give the compound for children, No. 8, regulate the bowels with the aperient powder No. 9, and sponge the body every morning with salt and water. If the patient is an adult, or the disease proves obstinate in a child, adopt the general treatment recommended for nettle rash, and administer the following local external application:—The hair must all be cut off, and the head washed night and morning with warm soapsuds, and afterwards bathed with tincture of bloodroot, No. 25. In the morning, after washing, apply the meadow-fern ointment No. 73, and the head must be kept covered during the day with a bladder or cap. At night, after washing, apply a poultice of dock roots. The roots should be cut into slices, and boiled in a very small quantity of water, until they are sufficiently soft to mash and form a poultice; or they may be well washed and bruised in a mortar. These applications must be continued until the head is perfectly well.

## TETTER.

THERE are several forms of eruption to which this name is applied. They all result from impurity of the blood, connected with a disordered state of the stomach and bowels, torpid liver, or other chronic derangement.

*Dry Tetter.*—This consists of red blotches on the skin, covered with pimples, which itch very much. After a time they fall off in the form of scales, similar to fine bran, leaving the skin below perfectly sound. It will generally reappear and disappear for an indefinite length of time, unless cured. This form generally appears on the face, neck, arms, and wrists.

*Pustular Tetter.*—This appears in the shape of clusters of small vesicles or blisters, which in a few days become yellowish, and, breaking, form thin scales or scabs, which afterwards fall off, generally leaving the skin entire. This form most frequently appears on the face, behind the ears, and other parts of the head. It disappears and reappears like the former.

*Miliary Tetter.*—This appears in clusters of small pimples, the resemblance of which to the millet-seed has given rise to the name of this species. The pimples are at first perfectly separate, and contain nothing but clear lymph, which in the course of the disease is excreted upon the surface, and forms into small, distinct scabs: these fall off, and leave a considerable degree of inflammation below, which exudes fresh matter, which forms into scabs and falls off as before. The itching is very troublesome, and the matter discharged is very tough and viscid. It sometimes breaks out over the whole body, but most usually about the loins, breast, perinæum, scrotum, and groin.

*Corroding Tetter* commences with painful sores or ulcers, with more or less of erysipelatous inflammation, which soon spreads, and it discharges a thin, watery, and very corrosive humour, which spreads along the neighbouring parts, and produces in them the same kind of sores.



*Treatment.*—For dry, pustular, and miliary tetter, adopt the following treatment:—Give a vapour bath of bitter decoction No. 110, which may be repeated once or twice a week; and, if the stomach is much disordered, give an emetic (No. 13) about once a week, to be taken immediately after a bath. Give daily one or other of the antiscorbutic syrups, or the diuretic decoction No. 32, putting in each dose a teaspoonful of No. 3 composition powder. The bowels must be kept open with the aperient powder No. 9.

*External Application.*—Wash the part affected, night and morning, with warm soapsuds, followed by a wash of tincture of bloodroot, No. 27, or the cleansing wash No. 92. Then apply meadow-fern ointment, No. 73, or celandine ointment, No. 79, or dock ointment No. 85.

*Treatment for Corroding Tetter.*—Give the vapour bath No. 110 twice or three times a week, and an emetic (No. 13) once a week, or oftener if required. Give the antiscorbutic syrups; No. 49 is very appropriate. Regulate the bowels with the aperient powder No. 9. Wash the parts affected the same as for the other forms of tetter, but instead of the ointment apply No. 59 poultice. The poultice must also be kept on the parts during steaming, so as to absorb the corrosive discharge.

## ITCH.

(PSORA.)

THIS disease generally appears in the form of small watery pustules, first about the fingers or wrists. It afterwards affects the arms, legs, and other parts of the

body, but mostly the joints. The pustules are attended with intolerable itching, especially when the patient is warm. Sometimes the skin is covered with large blotches or scabs, and in other instances with a white scurf or scaly eruption. This is called dry itch, and is generally more difficult to cure. The animalculæ which are seen in the pustules are the effect, and not the cause of the disease. All stagnated fluids abound with microscopic animals.

*Treatment.*—The same as for dry tetter; or adopt the sulphur treatment as follows:—Take of flour of sulphur, 2 oz.; cream of tartar, 1 oz.; mix, and give a teaspoonful in treacle to an adult night and morning. Apply the following ointment two or three times a day to the parts affected:—Take of sulphur vivum (native sulphur), pulverized, half an oz.; lard, two oz.: melt the lard, and stir in the sulphur, continuing to stir the ointment until it is cold, when it is fit for use.

## RINGWORM.

THIS consists of a number of very minute vesicles or blisters, close together, and forming a circle. The eruption is always attended with a troublesome itching and tingling sensation.

*Treatment.*—Give a dose of aperient powder No. 9 every other night. Give the compound for children, No. 8 or No. 45, or any of the antiscorbutic syrups; keep the parts very clean by washing them with warm soapsuds, then with the tincture of bloodroot, No. 27, or the cleansing wash No. 92, or the juice of yellow

dock root, after which apply the meadow-fern ointment No. 73, or the dock ointment No. 85. The parts affected with the ringworm should be dressed in this way every night and morning.

## SCURVY. (SCORBUTUS.)

THIS disease appears in two very different forms. The more malignant one breaks out among sailors, and frequently proves fatal. The other, which is met with on shore, is generally mild in its manifestations, unless it breaks out among camps and garrisons, when it is sometimes accompanied with very distressing symptoms. Both forms of this disease appear to arise from a general debility, attended with a corruption of all the fluids.

*Symptoms.*—Land scurvy usually comes on attended by a feeling of languor or debility. Blotches, with scaly eruptions, appear in different parts of the body, with a sponginess of the gums, a disagreeable breath, and, frequently, difficulty of breathing.

*Treatment.*—Give a vapour bath of bitter decoction No. 110 once a week, to be followed by an emetic (No. 13). Give No. 49 antiscorbutic syrup; also the tonic bitters, No. 4, 5, or 6, freely. The mouth should be washed every morning with tincture of myrrh, No. 19. If the joints are stiff, rub them night and morning with the stimulating liniment No. 89. The parts affected with the scorbutic eruption should be steamed once or twice a day with the bitter decoction No. 110, and then

dressed with meadow-fern ointment, No. 73. Particular attention must be paid to the diet. The patient should take plenty of new milk and fresh vegetables, avoiding everything that is difficult of digestion, and should take plenty of exercise in the open air.

### DISEASES ARISING FROM A MORBID CONDITION OF THE GLANDS, OR FROM A GENERAL CORRUPTION OF THE BLOOD.

SOME of this class of diseases are brought on from constitutional debility of the glandular structure. Others are induced by slight general derangement of the system, accompanied in many instances with some trifling local accident, and which operates upon that part of the body in an unhealthy manner, without the subject of it being conscious of the morbid process that is going on, until some secondary train of symptoms arises. But when once the local changes have taken place, they produce a reaction upon the system, gradually enfeebling the general habit, which goes on until some cause or other excites commotion in the economy of the system. Whenever this happens, the local irritations will concentrate in the altered part, and the disease becomes very manifest. The reaction now becomes more powerful, and in the advanced stages of the disease produces what is called hectic fever, that is, general debility, total debility.

### C A N C E R.

(CARCINOMA.)

CANCER arises from a deposition of morbid matter among the glands and other vascular portions of the

system, which accumulates by degrees, though it remains nearly unchanged, till, by its obstruction to the circulation, and the nervous action in the part, it gives power to the inorganic agencies to produce lesions, which are more or less extensive, according to the weakness and vascularity of the part, and are fatal in proportion to the inability of the system to remove the offensive matter, and thus protect itself from the morbid aggression. Cancer is generally seated in the glands, but other parts of the body are liable to become diseased in this way.

*Symptoms of cancer in the female breast.*—When first noticed, it is a hard, moveable tumour, about the size of a marble. In this stage of the disease it generally progresses very slowly, attended now and then by a peculiar sensation of uneasiness in the part, but without inflammation of the skin. The tumour gradually increases in size, and becomes hard, knotty, and irregular to the touch. As the disease progresses, the uneasy sensation increases, and the patient experiences turns of excessive darting and burning pains in the tumour. By degrees the tumour becomes attached to the skin above and to the parts beneath, converting the whole into a solid mass. The glands under the arms generally become more or less swollen and hard. The skin covering the tumour usually ulcerates before the swelling has attained any very great size, and a sore is produced, which discharges a dark-coloured and highly offensive matter. This discharge is so acrid as to corrode or inflame the part with which it comes in contact. The sore or ulcer is very irregular in its figure. The edges of it are thick, hard, and extremely painful, often exhibiting a ragged or serrated appearance, and the prominences of the ulcer

are very apt to bleed, It is generally attended with peculiar burning and shooting pain. The ulcer sometimes spreads rapidly, and, unless it is checked, corrupts the whole stream of life, and reduces the patient to the lowest state of debility, which frequently terminates fatally.

*Treatment.*—Cancer being a constitutional disease, means must be adopted to improve the general health. For this purpose give a vapour bath of bitter decoction No. 110, after which rub the whole surface of the body with the stimulating liniment No. 89; then give an emetic (No. 13). These should be repeated about once a week. Regulate the bowels with the aperient powder, and give freely of one of the alterative or antiscorbutic syrups; also No. 50 or 51 pills. Great attention must be paid to the diet. The patient must avoid fat meat, butter, coffee, green tea, wines, spirits, and fermented liquors, and all indigestible food. The patient should take two or three hours' exercise in the open air daily, and use the sponge or hand bath No. 114 every morning.

*External application.*—When the tumour is first discovered, apply to it the following plaster:—Take equal parts of cayenne and lobelia seed, finely pulverized, and mix them into a paste with meadow-fern ointment, No. 73. Rub the paste on the tumour, cover the breast with a piece of oiled silk or gutta percha cloth, and renew it once or twice a day. Wash the part with warm soapsuds each time the plaster is renewed. This application, by its stimulating and relaxing properties, tends to break up all morbid associations, and to open up the obstructions. It also promotes absorption in the part, and if applied in time, and persevered with, will sometimes remove a can-



cerous tumour in a few weeks. If the tumour is very painful, it should be fomented with No. 90, or steamed with the bitter decoction No. 110.

When the skin which covers a cancerous tumour is puckered and discoloured, and it is deemed advisable to promote a discharge from the tumour, the vegetable caustic, No. 72, may be used to destroy the covering of the tumour, or No. 61 poultice applied until the skin is broken, when the cancer must be treated as for cancer in a state of ulceration. If the tumour has ulcerated, adopt the following treatment:—Wash the ulcer clean with warm soapsuds; then apply the extract of clover, No. 37, spreading it over all the ulcerated part, and in two or three hours afterwards cover the ulcer with the following powder. Take marsh rosemary, cranesbill, rosin, blood-root, and charcoal, in equal parts, all pulverized very fine, and well mixed together. Apply it dry to the surface of the cancer, and cover the whole of the ulcer with it. Cover it with a plaster of castile soap, or any simple plaster, a piece of gutta percha cloth, or a piece of oiled silk, and keep the part warm. On the following day scrape off the powder and the softened part of the cancer: wash the sore clean with warm soapsuds; then bathe it with dilute compound tincture of myrrh, No. 20, and apply the extract of clover and the powder as before. Repeat this process daily, until the cancer is removed; then use No. 59 poultice for a few days, to soothe and cleanse the part, after which it may be dressed with the healing ointment No. 76.

If during the progress of the cancer there is any unpleasant or offensive smell, it may be easily corrected by a few applications of the yeast and charcoal poultices.

*Cancer of the lip.*—This is a blackish, hard lump upon the lip, attended with a twingeing pain ; sometimes it is very small.

*Lupus, or cancer of the skin.*—This generally appears in the form of a small indurated tubercle or wart-like excrescence. It is most generally situated on the face, and is attended with a twingeing or pricking pain. The treatment for these cancers should be the same as for cancer of the breast.

### SCROFULA, OR KING'S EVIL.

THIS disease consists essentially in a disordered condition of the lymphatic system, attended with the reaction of constitutional debility. It most usually manifests itself in the hardening, enlarging, and ulceration of the glands of the neck. Other parts of the body are liable to its attacks, as the armpits, groins, feet, hands, &c., and in some instances it occurs in deep-seated structures, as the lungs and mesenteric glands. When the disease is located in the glands of the neck, it is first noticed by small knots under the chin, in the neck, or behind the ears. They frequently continue stationary for a long time, neither advancing nor receding, and are unattended with pain or any constitutional disturbance ; and sometimes they subside spontaneously. In other cases they gradually enlarge in size and number till they form one or more large tumours, in which suppuration of a very imperfect kind gradually takes place, followed by open ulceration. The ulcers heal slowly, leaving ragged and

purple scars, and are succeeded by other tumours which run a similar course.

*Treatment.*—This disease, as we have already shown, is connected with constitutional debility, therefore constitutional treatment must be adopted. Give a vapour bath of bitter decoction No. 110, after which rub the whole surface of the body with the stimulating liniment No. 89; then give an emetic (No. 13). Repeat these about once a week. The body should be sponged every morning with salt and water. Give the antiscorbutic syrup No. 49, or, if that cannot be had, some of the other antiscorbutic syrups must be taken. Tonics are very useful: the patient may take freely of No. 4, 5, or 6. Great attention must be paid to the diet. The patient must avoid all indigestible articles of food. Cleanliness, pure air, exercise, and proper clothing are very important.

*External application.*—The tumours, if not too far advanced, may often be dispersed by rubbing them well night and morning with the stimulating liniment No. 89, and applying a cloth wet with the same, keeping it on during the night. A dry cloth must be bound over the wet one, or, what is much better, a piece of gutta percha cloth, or a piece of oiled silk. Or the same application may be made to the tumours as recommended for cancer in the forming stage. If the tumours are in a state of inflammation, attended with swelling and pain, apply No. 59 poultice. When the swelling breaks, or suppuration takes place, adopt the following treatment:—Thoroughly cleanse the ulcer with warm soapsuds; then apply the extract of clover, No. 37, or the bayberry salve, No. 78, and at night apply a poultice of slippery elm

mixed with a strong decoction of bayberry or wild cherry bark. Continue this treatment, daily, until all the matter is discharged ; then apply the healing salve.

Sometimes a scrofulous tumour leaves a considerable cavity, particularly in the breasts of females. It should be gently syringed with an infusion of bayberry or wild cherry bark, rendered slightly pungent with a few drops of the tincture of myrrh, No. 19. When the cavity is sufficiently cleansed, its surfaces should be brought into contact by a compress and bandage, so that they may form the necessary union.

## MUMPS.

(CYNANCHE PAROTIDÆA.)

THIS is a disease of the glands situate below the ears and behind the angle of the jaws. The only danger attending it is from taking cold, and causing the morbid matter to be translated to some other part of the body.

*Symptoms.*—It usually commences with stiffness of the jaws, attended with some degree of feverishness. This is succeeded by a swelling of one or both sides of the neck, which is painful, and sometimes becomes so large as to impede respiration, and cause a difficulty of swallowing, but in general it declines after a few days.

*Treatment.*—In mild cases, all that is required is to bathe the feet frequently in warm water, and give the patient freely of No. 3 composition, keeping the patient warm, to favour perspiration. The swelling should be bathed frequently with the compound tincture of myrrh, No. 20, and the part kept warm by being covered with a

piece of flannel. The face must not be washed in cold water until the swelling has entirely gone.

If much fever should take place, or the swelling become very troublesome, or be translated to another part of the body, give the patient a vapour bath and an emetic, after which continue the No. 3 composition frequently, to promote perspiration. Should suppuration take place, apply No. 59 or 60 poultice until all the matter is discharged; then use the healing salve No. 76.

If the morbid matter becomes translated, and causes the breasts or testicles to swell, bathe them frequently with the compound tincture of myrrh No. 20, and apply to the part a hot flannel wet with the tincture. When in bed place a bottle of hot water near the part affected, wrapping the bottle in a cloth wet with vinegar and water.

## HIP DISEASE.

THIS is a chronic disease of the joint of the hip. It is caused by local injuries, the use of mercury, or exposure to cold, and is generally connected with a scrofulous taint of the system.

*Symptoms.*—In most instances the first symptom is a pain in the knee. As the disease advances, the hip becomes painful occasionally, and the pain is increased by the slightest movement of the limb, or by pressure over the part affected. At first there is a remarkable lengthening of the leg, but after a time it becomes contracted, and shorter than the other, and the leg and thigh waste away. Sometimes the inflammation terminates in resolution, but most commonly the restorative efforts of

nature are insufficient for that purpose, and if the inflammation is not arrested in season suppuration may ensue, causing a destruction of the bones and cartilage, distortion, and incurable lameness.

*Treatment.*—Give a vapour bath and an emetic (No. 13) about once a week, and give daily one of the antiscorbutic syrups; No. 45 or 49 is very suitable; also give freely of the No. 50 pills; and as a local application to the part affected, steam the lower part of the body every night with the bitter decoction No. 110, and immediately after the steaming rub the limb affected with the rheumatic drops, No. 29, or tincture of cayenne, No. 17; and when the patient is in bed place a hot brick or a bottle of hot water to the feet, and one to the part affected, first wrapping the bricks or bottles in cloths wet with vinegar and water. If the limb is much wasted, it must be bathed several times a day with the drops or tincture, and a piece of flannel wet with the same wrapped round the thigh, placing over the flannel a piece of gutta percha cloth or oiled silk, to keep the flannel moist. When suppuration takes place, an abscess may be formed at the hip, or the pus may pass down into the thigh, forming a fluctuating tumour there.

An abscess about the hip should not be opened until the matter comes near the surface, and then it is best to make but a small opening, and draw off part only of the matter at a time, then closing the opening with a piece of adhesive plaster. When an abscess is formed in the thigh it may be opened with safety. When pus is discharging, every means should be used for sustaining the patient's strength, as the use of tonics, nourishing



food, exercise in the open air, salt-water bathing, or a change of residence.

## WHITE SWELLING.

THIS is an inflammation of a joint. It affects the knee more frequently than any other joint, and most usually happens in those of a feeble or scrofulous constitution. It is generally brought on by exposure to wet and cold, but occasionally by sprains or bruises, causing an inflammation of the periosteum, or covering of the bones of the joint, which under favourable circumstances would terminate in resolution, the parts being restored to a healthy action; but when it occurs in feeble or scrofulous constitutions, and the vitality of the part is reduced beyond the power of reparation, then suppuration will generally take place.

*Symptoms.*—In the commencement there is a severe pain felt deep in the joints; and it generally affects only one particular point or part of the joint. The joint soon begins to swell. The skin is not red, but of a shining whiteness. The swelling increases, while the other part of the limb becomes emaciated, and is incapable of bearing the weight of the body, and most usually becomes bent. If the disease is not arrested, suppuration takes place, and troublesome ulcers are formed about the joint. The patient's health becomes impaired by the local disease, his appetite fails, he cannot sleep at night, and he becomes exhausted by copious diarrhoea and night-sweats.

*Treatment.*—The same as for the hip disease. Apply the medicated vapour every day to the part affected. In

this and in the hip disease efforts should be daily made to regain the lost use of the joint, by gentle motion and exercise

## FELON AND WHITLOW.

A FELON is an inflammation of the covering of the bones of the joints, mostly occurring in the fingers, and particularly the middle and last joint. A whitlow is similar to a felon, but is not so deeply seated. It is often situated at the root of the nail. The pain commences with a prickling sensation, deep in the finger, attended with a throbbing, swelling, and inflammation.

*Treatment.*—Let the patient immerse the finger in strong ley water, as hot and as long as he can bear it. Then steam the whole hand with bitter herb tea for twenty or thirty minutes; after which apply No. 61 poultice. Repeat this twice or three times a day until it is well, or until it suppurates, when a small white spot will appear in the centre of the swelling. When this appears it can be opened, to allow the matter to escape. Continue the poultice and steaming until the swelling and inflammation have subsided; then dress it with healing salve No. 76. During the whole time the patient should drink freely of No. 3 composition, and the bowels be kept open with the aperient powder No. 9.

## BOILS

ARE hard, red, painful tumours, which appear on various parts of the body. They ripen, and discharge a quantity

of matter, together with a yellow core. Many people suppose that they are an evidence of health, but it is an erroneous opinion, for they do not occur except in a disordered state of the general system. Sometimes they are so painful and irritable as to affect the health of the individual.

*Treatment.*—Poultice it with No. 61, placing a piece of gutta percha cloth or oiled silk over the poultice, to keep it moist; and if the part is very painful, steam it over bitter herb tea before applying the poultice. After the boil is opened and discharged, the parts are very much relaxed and colder than natural. Apply the bayberry salve, No. 78, or a poultice made of equal parts of slippery elm and composition powder No. 1.

The patient should drink freely of No. 3 composition, and if it is a bad case he ought to take the alterative syrup No. 45, and keep the bowels open with the aperient powder No. 9.

The paste recommended for cancers in the forming stage will generally disperse boils, if applied in time.

## CARBUNCLES

ARE a species of boil. They are wider in circumference than boils, and seldom rise much above the level of the skin. They are of a livid or purple colour, contain a black core, and are sometimes surmounted by little vesicles or blisters. They mostly occur in persons of feeble health, and affect the constitution more than boils. The inflammation is generally of an unhealthy character, and attended with burning pain in the part. The fluid

which escapes resembles a mixture of flour and water. The small ulcers or blisters run together, and form openings sufficient to allow portions of the dead cellular tissue to escape, resembling shreds of tow or cotton.

*Treatment.*—Poultice the part with equal parts of poplar bark and slippery elm.. Every time the poultice is renewed, syringe the cavity with strong bayberry tea, and then pour in a few drops of the compound tincture of myrrh, No. 20. Steaming the part frequently with bitter herb tea will very much forward the cure.

The constitutional treatment should be the same as for boils. The diet must be light and nourishing, and the patient must take plenty of exercise in the open air. When the tongue is clean, give the tonic bitters, No. 4, 5, or 6.

## ULCERS

ARE continuous sores, attended with more or less pain and inflammation, and a discharge of matter. The nutritive process is generally very imperfect in this kind of sore. They appear in a great variety of forms, but we will consider them under the following division:—1st, simple ulcers; 2nd, irritable ulcers; 3rd, indolent ulcers; 4th, malignant ulcers; 5th, varicose ulcers; 6th, fistula. There are other ulcers of a specific nature, as scrofulous, cancerous, &c., but these are treated of under their respective heads.

*Simple ulcers.*—These discharge a white, thick pus, which does not adhere to the surface. The granulations are small, florid, and pointed at the top. As soon as

the granulations have risen to the level of the surrounding skin, those next the old skin become smooth, and covered with a thin, semitransparent film, which afterwards becomes opaque, and forms cuticle.

*Treatment.*—The most that this kind of ulcer requires is to be kept cool and clean, and perfectly protected from the air. Wash the part with warm soapsuds, to be followed with a wash of bayberry or witch hazel tea; then apply the healing salve No. 76. Repeat this twice a day. If the ulcer is attended with much heat and inflammation, apply a cloth wet with cold water, and bind over it a piece of gutta percha cloth or oiled silk. Wet the cloth with cold water as often as it becomes dry.

*Irritable ulcers* are extremely tender and painful. They have ragged or uneven edges. There is no distinct appearance of granulations, but only a white spongy substance, which discharges a thin, acrid fluid. Merely touching the surface of these ulcers causes very great pain, and frequently causes them to bleed.

*Treatment.*—Steam the part every night with the bitter decoction No. 110, after which wash the part with an infusion of wild cherry bark, and apply the following poultice:—Take sufficient slippery elm, and mix it with a strong decoction of poplar bark, over which place a piece of gutta percha cloth or oiled silk, to keep the poultice moist. Continue this application until the part is thoroughly cleansed and healthy, then dress it with healing salve No. 76. As this kind of ulcer results in a great measure from a general derangement of the body, constitutional treatment must of course be adopted. Give a vapour bath (No. 110) and an emetic (No. 13) once a week. Regulate the bowels with the aperient

powder No. 9, and let the patient take freely of No. 3 composition, or one of the antiscorbutic syrups, and No. 50 pills. Great attention must be paid to diet and exercise. Carrot poultices are very useful in this kind of ulcer.

*Indolent Ulcers.*—The edges of the surrounding skin are thick, prominent, smooth, and rounded. The granulations are smooth and glossy. The pus or matter is imperfectly formed, and it adheres so firmly to the surface of the ulcer, that it can scarcely be wiped away. The bottom of the sore forms almost a level, and its general aspect gives the idea of a portion of the skin and parts underneath having been for some time removed, and the exposed surface not having commenced any new action to fill up the cavity.

*Treatment.*—Steam the part the same as for irritable ulcer, but instead of the poultice apply the following:—Take of extract of clover and pulverized bloodroot equal parts, mix them well together, and fill the cavity of the ulcer with it; also spread some on a piece of soft leather or linen, and apply to the part, placing a bandage of gutta percha cloth or flannel over the plaster, and adopt the same constitutional treatment as recommended for irritable ulcer.

*Malignant Ulcers.*—The surrounding skin is of a livid colour, and covered with small vesicles or blisters, as in mortification. They are very corrosive, and sometimes corrode or destroy the bones.

*Treatment.*—Steam as before; then wash the parts with tincture of myrrh, No. 19, and apply the yeast or charcoal poultice (No. 65 to 68). Keep the poultice wet with sassafras tea. The constitutional treatment must



be the same as for the others, and a free use made of stimulants.

*Varicose Ulcers.*—These mostly occur on the legs, and are caused by an impeded circulation in the veins. The diseased veins are enlarged, and irregular in their course. The obstructed corruption collects and forms a tumour under the skin. The skin over the tumour is observed first to roughen and peel off; then a crust is formed, and finally an ulcer breaks out.

*Treatment.*—Similar to that for irritable ulcers, and when the ulcers are improved, the leg must be bandaged carefully from the foot to the knee. Wet the bandage with the decoction of poplar bark before putting it on the leg, and afterwards cover it with a bandage of gutta percha cloth or oiled silk. The patient must endeavour to rest the leg as much as possible, placing it upon a chair, so as to be level with the lower part of the body.

*Fistula* is an ulcer which is deeply seated, and discharges matter to the surface through one or more sinuous channels, which are generally very callous. There are three species of this kind of ulcer. They are called *Fistula in ano*, when situated in or near the rectum or anus; *Fistula in perinæo*, when situated in the perinæum, and communicating with the urethra; *Fistula lachrymalis*, when situated in the corner of the eye.

*Symptoms:—Fistula in ano.*—It usually commences with swelling near the rectum, attended with great pain and inflammation, and from that the tumour slowly advances to suppuration. When the bowels are moved it causes great pain, and sometimes there is a stoppage of the urine, in consequence of the pressure upon the neck of the bladder or urethra. Sometimes the matter of the

abscess spreads along the contiguous cellular tissue, and produces very extensive ulceration below the surface, and unless it is arrested the fistulous virus will be absorbed into the system, and translated to the lungs, terminating in consumption.

*Treatment.*—When in a state of inflammation, steam the part night and morning with the bitter herb decoction No. 110. After the steaming apply No. 59 poultice. Previously to steaming give an injection (No. 102), with a teaspoonful of compound tincture of myrrh in each injection. If the fistula is in a state of ulceration, and has formed an opening to the surface, continue the above treatment, with the following addition:—After steaming, and before applying the poultice, syringe the fistula with extract of clover, mixed with a very strong decoction of bloodroot. Continue this treatment until all the matter is discharged. Constitutional treatment must also be adopted. Give a vapour bath and an emetic about once a week. Give three or four times a day the antiscorbutic syrup No. 49; and, if the appetite is impaired, give the tonic compounds. Particular attention must be paid to the diet.

*Fistula in perinæo* is similar to the last, only that it communicates with the urethra instead of the anus. It requires the same kind of treatment.

*Fistula lachrymalis.*—This is situated in the corner of the eye. It is attended with swelling and inflammation, occasioned by an obstruction in the duct which conveys the tears.

*Treatment.*—Steam the head frequently. Snuff up the nose, on the side affected, pulverized lobelia herb, mixed with a little bloodroot. Smoke sage and black

pepper, and force the smoke through the nose. Adopt the same constitutional treatment as for *fistula in ano*.

## NERVOUS DISEASES.

### APOPLEXY.

#### (APOPLEXIA.)

THIS is a sudden loss or suspension of the animal functions, whilst those of the heart and lungs continue with but with little or no disturbance. It is attended with a slow but full pulse, heavy and laborious breathing, and unconsciousness. It is produced by whatever causes an inordinate determination of blood to the head, or impedes its free return from the brain to the heart, causing a congestion of blood in the brain, or an effusion of blood or serum.

*Symptoms.*—In some instances the attack comes on suddenly, without any previous warning; but most usually it is preceded by giddiness, a dull and deep-seated pain in the head, particularly on stooping down or suddenly turning round, dimness of sight, difficulty of utterance, bleeding of the nose, drowsiness, loss of memory, and weakness of the legs. During the fit the patient is wholly insensible. Sometimes he falls into a state of profound stupor; or he may be convulsed, and foam at the mouth. The breathing is slow, and in general loud or snoring. In some instances the lips are puffed out forcibly, and the saliva scattered in every direction. The extremities are always cold, and the bowels costive. The fit may subside in a short time, or, if relief is not obtained, it may continue for several days;

or it may terminate fatally in less than an hour. When the fit goes off, it frequently produces a palsy of the whole of one side, or of a more limited portion of the body. Deep intoxication sometimes very much resembles apoplexy, but it may be distinguished by the smell of the breath, and the general relaxation of the muscles, which always accompanies intoxication. Apoplexy may be distinguished from syncope (fainting), and from asphyxia (suspended animation), by the pulse and respiration, for in syncope and asphyxia the breathing and pulse are scarcely perceptible.

*Treatment.*—The first thing to be done is to elevate the head and shoulders, and remove from the neck whatever may compress the veins. Administer a stimulating injection (No. 100) as soon as convenient, and repeat it every quarter of an hour. Pour down the throat some of the antispasmodic tincture No. 28. Rub the extremities well with the tincture of cayenne, and as soon as possible put the feet in hot water; after which rub the feet and legs well with the tincture of cayenne, or the stimulating liniment No. 89, and apply hot bricks or bottles of hot water to the feet, and keep the patient warm, so as to favour perspiration. Cloths dipped in cold water and then wrung may be applied to the head, and renewed as often as they become warm. As soon as the body is thoroughly warmed, and the patient can swallow, administer a full dose of the aperient powder No. 9. Keep the extremities warm, and the next day administer a vapour bath and an emetic (No. 13). After the bath, rub the surface of the body with the stimulating liniment No. 89. These should be repeated about once a week, for some time. Give the tonic bitters three or four

times a day ; also give the No. 50 pills frequently, and keep the bowels open with the aperient powder No. 9. Great attention should be paid to diet and exercise, and the patient must strictly avoid all exciting causes of the attacks.

## F A I N T I N G.

(SYNCOPE.)

THIS disease consists in a decreased action, and sometimes total cessation, of the pulse and respiration. It generally arises from debility, but may be caused by violent emotions or sudden shocks upon the feelings, or from a morbid state of the heart or brain. Attacks of syncope are frequently attended with or end in vomiting, and sometimes in convulsions, or an epileptic fit, and occasionally they terminate fatally.

*Treatment.*—The dress should be loosened, and the patient placed in a recumbent posture, not upright. The face should be sprinkled with cold water, and a free current of air admitted to the patient. Apply tincture of camphor or smelling salts to the nose, and give a small dose of the antispasmodic tincture No. 28, or the compound tincture of myrrh No. 20, every ten or fifteen minutes. After the patient is fully recovered, it is advisable to adopt means to prevent a recurrence, by strengthening the constitution with tonics and stimulants, and avoiding all exciting causes of the attacks.

## G I D D I N E S S.

(VERTIGO.)

WHATEVER disturbs the balance of the circulation has a tendency to produce giddiness ; hence it is symptomatic

of several diseases ; but in the majority of instances it is a symptom of a deranged stomach and costive bowels.

*Treatment.*—Place the feet in warm water, and let the patient drink freely of No. 3 composition ; also give a dose of aperient powder No. 9. If this does not entirely remove it, give a vapour bath and an emetic (No. 13), and let the patient drink freely of a tea made of equal parts of No. 3 composition and No. 4 bitters, avoiding all indigestible food ; and sponge the body every morning with salt and water. The aperient powder may be taken two or three times a week, until the bowels are properly regulated with diet. For this purpose the patient should eat the undressed wheaten bread, &c., as recommended for constipation. If the vertigo is symptomatic of any other disease, which may be easily known by the accompanying symptoms, of course means must be used to remove the disease of which that is a symptom.

### PALSY OR PARALYSIS.

THIS disease principally affects the nervous system, and is characterised by a loss or diminution of motion, or feeling, or both, in one or more parts of the body. When it affects one entire side of the body, it is called hemiplegia : when it affects one half of the body taken transversely, it is called paraplegia ; and when it is confined to a particular limb or set of muscles, it is called paralysis. When the lower part of the body is affected, the patient is apt to lose the control of the bladder and rectum.

It sometimes arises in consequence of an attack of apoplexy. It may likewise be occasioned by anything



that prevents the flow of the nervous power from the brain to the organs of motion, as tumours, over-distension, or effusion. It may also be occasioned by translations of morbid matter to the head, or from a suppression of some usual evacuation, or the pressure made on the nerves by luxations, fractures, wounds, or other external injuries. The long-continued use of sedatives will frequently produce palsy; also the constant handling of white lead, or breathing the fumes of metals or minerals, especially mercury. It usually comes on with a sudden and immediate loss of the sensibility and motion of the part, but sometimes it is preceded by a benumbed sensation, coldness, paleness, and sometimes by convulsive twitches. If the head is much affected, the eye and mouth are drawn aside, the memory and judgment are impaired, and the speech is indistinct and incoherent. If the disease affects the extremities, the muscles become flaccid, and waste away.

*Treatment.*—If the attack come on suddenly, adopt the same course as recommended for apoplexy. After the patient has recovered from the fit, adopt the following treatment:—The parts affected should be steamed every day with the bitter decoction No. 110, and afterwards well rubbed with a strong stimulant, either No. 17, 29, or 89. This may be rubbed on the part affected two or three times a day, and hot flannels wet with the same may also be applied. Rub the spine of the back every night and morning with the stimulating liniment, using considerable friction. About once a week, or oftener if required, give a vapour bath to the whole body, using the bitter decoction No. 110; after which rub the surface of the body with the stimulating liniment No. 89;

then give an emetic (No. 13). Give the following mixture four times a day :—Take of No. 4 bitters, 1 oz., No. 3 composition, 1 oz., prickly ash berries, pulverised, 1 oz.: mix them well together, and give a teaspoonful for a dose. It may be taken in a little treacle, or a little warm water and sugar. Also give two of No. 50 pills after each meal. The diet should be light and nourishing, including the undressed bread instead of the white bread; and until the bowels are properly regulated by diet, give a dose of the aperient powder about every other night. The patient should take plenty of exercise in the open air, if the weather permits, and should endeavour to use the paralyzed part as much as possible. It is also important that the patient's mind be kept quiet and cheerful.

## EPILEPSY, OR FALLING SICKNESS

### (EPILEPSIA)

Is a morbid condition of the nervous system, a disease of irregular action, and is produced by whatever destroys the equilibrium of the nervous energy, as injuries done to the brain, either by external violence or internal pressure, from congestion of blood, or water on the brain, tumours, concretions, or deformities of the skull bone. It may also arise from diseases of the spine and nerves, or from sudden and violent shocks, but it more frequently arises from worms, or diseases of the stomach and bowels, or from sudden stoppage of some usual evacuation.

*Symptoms.*—The individual falls down suddenly, and becomes insensible. The body is convulsed, the face

frightfully distorted, the breathing hurried and laborious. The tongue is generally protruded, and is often caught between the teeth, and severely wounded. A quantity of frothy saliva collects about the mouth; the eyes are distorted or inverted, so that only the white of them can be seen; the fingers are closely clenched, and not unfrequently both urine and fæces are voided involuntarily. The fit may last for only a few minutes, or it may be prolonged for an hour or more. In some cases several fits succeed each other in rapid succession. The patient on coming to himself feels very languid and exhausted, and retains not the slightest recollection of what has passed during the fit, and will generally remain in a drowsy or stupid condition the rest of that day. In some cases the attack occurs without any warning, but most usually it is preceded by head-ache, giddiness, dimness of sight, ringing in the ears, or a peculiar feeling of coldness of the extremities, which gradually ascends to the head.

*Treatment.*—The patient should be prevented from injuring himself during the fit. A piece of wood or a roll of cotton should be placed between the teeth, to prevent him from wounding his tongue. The head and shoulders should be elevated, and the clothes slackened about the waist and neck. If the fit does not immediately subside, administer one or two teaspoonfuls of antispasmodic tincture No. 28, and repeat it every few minutes.

After the patient has recovered from the fit, adopt the following treatment:—Give a vapour bath and an emetic (No. 13) once or twice a week. After the bath, rub the surface of the body with the stimulating liniment No. 89. The body should be sponged every morning with cold

water and salt. Also administer every morning the No. 100 injection, and during the day give the mixture recommended for palsy, and the No. 50 pills. Great attention should be paid to the diet. The patient should eat the undressed bread if the bowels are costive, and he must avoid all indigestible substances, as fat, cheese, butter, pastry, &c. The stomach should never be loaded, as that alone is sometimes the cause of a fit. If there is reason to believe that the fits result from the irritation caused by worms, use the remedies recommended under that head. The patient must carefully avoid everything which is liable to bring on an attack. It will be advisable for him to carry in his pocket a small bottle of the antispasmodic tincture, and whenever he has any warning of the approach of a fit, to take about a teaspoonful in a little warm water, and place his feet in warm water immediately, if convenient, or otherwise walk about until his feet are warm, and repeat the dose of tincture as often as required.

## ST. VITUS'S DANCE.

(CHOREA SANCTI VITI.)

THIS disease consists in the loss of the full voluntary control of some of the muscles of the body, causing them to be thrown into irregular action. It is characterized by a twitching and convulsive action of the muscles of the part affected. This disease is usually preceded by prominent derangement of the stomach, bowels, and nerves, and appears to be the consequence of an irritable weakness of the nervous system, which is generally

brought on by derangement of the digestive organs, and occasionally from severe fright, or violent mental emotions, suppression of a usual evacuation, the use of mineral poisons, repelled cutaneous eruptions, or exposure to cold and damp.

*Treatment.*—Give a vapour bath of bitter decoction No. 110, after which rub the body well with the stimulating liniment No. 89; then give an emetic (No. 13). Repeat these about once a week. Give the following mixture:—Take of No. 3 composition,  $\frac{1}{2}$  oz., No. 4 bitters,  $\frac{1}{2}$  oz., scullcap, 1 oz.: pour upon them three half-pints of boiling water; cover it, and allow it to steep three or four hours; then strain. To an adult, give a teacupful four times a day. Also give one or two of the No. 50 pills after each meal. Give a dose or two of aperient powder, No. 9, about three times a week, until the bowels are regulated with proper diet. The diet must be plain, and easy of digestion, including the undressed bread instead of the white bread; and the patient must carefully avoid taking cold. The whole surface of the body should be well rubbed every morning with a towel dipped in stimulating liniment No. 89.

If this disease arises from retention or suppression of the menses, the one is seldom cured until the other is properly established: the treatment must be adopted which is recommended under those heads.

## H Y S T E R I C S .

### (HYSTERIA)

THIS disease arises from nervous debility, attended with morbid irritation. It occurs in fits or paroxysms, and

presents in different cases a great diversity of symptoms. Hysteric fits are generally characterized by a grumbling noise in the bowels, followed by a peculiar feeling, as if a ball were ascending the throat, attended with a sense of suffocation. Sometimes there is laughing and crying without any sensible cause; at another time mental alienation, rapid and incoherent talking, singing or raving; and sometimes stupor and insensibility. Almost every part of the nervous system is liable to fall into a disordered state of action, producing symptoms closely resembling those of other and far more important diseases. However violent the symptoms may be, it very rarely proves fatal. Hysteria is brought on by menstrual irregularities, indolence, irregular living, sudden emotions of the mind, costiveness, worms, indigestion, and suppressed perspiration. It is frequently connected with diseases of the spine and womb.

*Treatment.*—During a fit, first loosen the dress; apply something warm to the feet, or place them in warm water; give a teaspoonful of the antispasmodic tincture No. 28, and repeat the dose every ten minutes. If the patient is unable to swallow, just pour it into the mouth, and it will soon relax the spasm of the throat, so as to enable the patient to do so. The vapour bath should be administered as soon as possible, or, if that cannot be had, put the patient to bed, and apply hot bricks or bottles of hot water to the feet and sides, first wrapping them in cloths wet with vinegar and water. If the fit is attended with stupor and insensibility, administer No. 100 injection, in addition to the means before recommended.



Mild attacks of hysteria may be entirely relieved by the patient drinking freely of No. 3 composition, and placing the feet in warm water.

To prevent a return of the attacks, adopt the treatment recommended for St. Vitus's dance; and the patient must carefully avoid all exciting causes of the attacks, or medicine will be altogether unavailing. If the fits arise from the irritation caused by worms, use the remedies recommended under that head. If from menstrual irregularities, attend to the directions given for that purpose.

## THE SPLEEN, OR MELANCHOLY.

### (HYPOCHONDRIASIS.)

THIS is a torpid or enfeebled condition of the nervous system, which produces more or less of melancholic derangement of the mind, a disordered condition of the digestive organs, and enfeebles the functions of the body generally. It is attended with a want of resolution with respect to all undertakings, an apprehension of the greatest evils upon the slightest grounds, and the worst consequences are imagined from any unusual feelings, even of a trifling kind; and in respect to such apprehensions and feelings there is always the most obstinate belief and persuasion. The patient also suffers a great variety of symptoms attending feeble digestion, as flatulency, acrid eructations, costiveness, giddiness, spasmodic pains in various parts of the body, and palpitations.

Great care and long-continued perseverance are generally required in curing this complaint, as the disorder of the body is so intimately connected with a morbidly sensitive state of the mind. The general health must be

improved, and the nervous energy aroused from its torpid condition, before the mind can be raised from its sunken, dejected state. The vapour bath and emetics will be required frequently, together with stimulants and tonics, to eliminate from the system the waste matter that has accumulated in consequence of the torpid operation of the evacuants. The patient must at once abandon all causes of gloominess or melancholy, and mix as much as possible with cheerful company, engage in active labour, and take a very considerable portion of exercise daily in the open air.

*Treatment.*—Adopt the same treatment as recommended for St. Vitus's dance, substituting No. 51 pills for No. 50.

## LOCKED JAW

(TETANUS)

Is an involuntary contraction of all or several of the muscles, whilst the senses remain perfect and entire. It is seldom attended with any nausea or vomiting, or with any fever, but always with violent pain. It is most usually occasioned by punctured or lacerated wounds of the hands or feet. Sometimes it is brought on by sudden changes from heat to cold, surgical operations, or the use of narcotic poisons.

*Symptoms.*—It usually commences with stiffness of the neck and shoulders, which soon renders the motion of the head both difficult and painful. The stiffness extends to the tongue and throat, causing a great difficulty in swallowing. The muscles of the jaw also become stiffened, which soon increases so as to permanently close

the jaws. Sometimes the whole body is affected with the spasms. There is a tightness of the breast, with a severe pain in the region of the stomach, darting backwards to the spine ; the countenance is hideously distorted, and the breathing is very difficult ; and unless proper means are taken, the disorder will continue to advance until one universal spasm puts an end to the sufferer's existence.

*Treatment.*—Pour into the mouth a teaspoonful of the antispasmodic tincture every five minutes, until the muscles of the jaws are sufficiently relaxed to enable the patient to open his mouth. Whilst giving the tincture, administer an injection (No. 100), and repeat it two or three times, if required. Place hot bricks wrapped in damp cloths to the feet and sides. When the patient is sufficiently relieved to be able to swallow, administer a vapour bath, after which give an emetic (No. 14), and repeat them two or three times a week for several weeks. Give the mixture recommended for St. Vitus's dance daily, also two or three No. 50 pills after each meal, and a dose of aperient powder two or three times a week. The body should be rubbed well every morning with a towel wet with the stimulating liniment No. 89.

When it arises from a wound in the hand or foot, steam it two or three times a day, after which soak it for about an hour in hot ley water, then apply No. 59 poultice.

## TIC DOLOUREUX.

(NEURALGIA.)

THIS consists of a severe and darting pain along the course of the nerves affected. It is most liable to attack

the nerves of the face, but any part of the nervous system may suffer from it. It occurs in paroxysms of the most excruciating agony, of longer or shorter duration, and sometimes makes its attacks with the suddenness of an electric shock. The part affected is tender to the touch, and sometimes there is a twitching or convulsive action of the adjacent muscles. It appears to proceed from taking cold in the part, and mostly affects those who are suffering from nervous debility, attended with a derangement of the stomach and bowels.

*Treatment.*—Steam or foment the part affected with the common fomentation No. 90, after which rub the part well with the rheumatic drops No. 29. Fill a flannel bag with the herbs out of the fomentation, and apply it as hot as it can be borne, changing it as often as it becomes cold. Attention must also be paid to the stomach and bowels. Give a dose of aperient powder No. 9, and if that does not sufficiently rectify the stomach and bowels, administer the vapour bath and an emetic (No. 13), which repeat if required. Give the mixture recommended for St. Vitus's dance, and two No. 50 pills after each meal. If it proceeds from a decayed tooth, use the drops recommended for tooth-ache, or have the tooth extracted.

## DELIRIUM TREMENS.

THIS is a derangement of the nervous system, generally produced by the excessive use of intoxicating drinks. It may also be induced by the intemperate use of opium and other narcotic substances.

*Symptoms.*—The digestive powers are prostrated. There is a distressing feeling at the pit of the stomach, loss of appetite, nausea, and costiveness ; great agitation and distress of mind, and tremulous motion of the limbs. The mind is deranged with wild and horrible conceits, which makes the patient very wakeful and restless.

*Treatment.*—Place the feet in hot water, after which administer No. 100 injection. Give two or three teaspoonfuls of the compound tincture of myrrh, No. 20, every ten or fifteen minutes : it may be given in a tablespoonful of the liquor the patient has been in the habit of drinking. Give a vapour bath, after which rub the whole surface of the body with the stimulating liniment No. 89, and repeat it every day, or oftener if required ; also repeat the injection if it is required. Let the patient drink freely of the mixture recommended for St. Vitus's dance. The food must be very light, as sago, arrowroot, milk and elm, &c.

## HYDROPHOBIA.

IN the human species this disorder is always the result of a specific virus or contagion received from the bite of an animal labouring under the disease. When persons are bitten through their clothes, the poisonous saliva is frequently rubbed from the teeth as they pass through the clothing ; and in this way many have escaped the contagion who have been bitten by mad animals.

*Symptoms.*—The disease sometimes attacks the individual suddenly, but in other instances it is preceded by chilliness, flushes of heat, languor, depression of spirits, and restlessness. The patient is reserved, suspicious,

gloomy, and silent. The wound becomes painful, and often assumes a livid or inflamed appearance. The patient experiences a sense of tightness in the chest and throat, attended with a difficulty of swallowing, and a considerable quantity of saliva collects in the mouth. An intolerable dread of liquids is soon experienced, and the sight of bright or shining bodies causes the most violent spasms in the throat. The thirst is excessive, the breathing short and difficult, and the patient is extremely sensitive to cold. During the paroxysms the countenance assumes a wild and furious aspect, the eyes are bloodshot and sparkling, the body and limbs are thrown into violent spasms, the fists are clenched, the mouth foams, and the patient endeavours to bite any thing which falls in his way. These symptoms continue to increase (unless proper means be taken) until spasmodic convulsions put an end to the patient's life.

*Treatment.*—Our main dependence in the treatment of this disease is upon the vapour bath. When the patient is seized with an attack, give a tablespoonful of the antispasmodic tincture, No. 28; then administer No. 100 injection, and as soon as possible administer the vapour bath. It should be continued for half an hour, and the vapour must be as hot as the patient can bear it. Afterwards give an emetic (No. 13). Repeat the bath and the injection every twelve hours. Give the patient freely of the mixture recommended for St. Vitus's dance, and if the symptoms are urgent put a teaspoonful of antispasmodic tincture in each dose. The wound should be washed with the compound tincture of myrrh, No. 20, and then apply No. 66 poultice, with a teaspoonful of charcoal in it; to be changed every twelve hours.



To prevent an attack of hydrophobia, after a person has been bitten, the wound should be washed immediately with cold water and caustic potash, or the vegetable caustic applied to the part; then apply the poultice just recommended, and renew it every twelve hours. Wash the wound with the compound tincture of myrrh at each renewal; and to assist the constitution to expel the poison from the system, if any of it be absorbed, give a vapour bath every night, and a dose of aperient powder two or three times a week. Give freely of the tea recommended for St. Vitus's dance, also two No. 50 pills after each meal. The food should be light and nourishing, and the patient should take plenty of exercise in the open air.

## DISEASES OF THE STOMACH AND BOWELS.

### CHOLERA MORBUS.

THIS disease generally comes on very suddenly. It usually commences with nausea, pain in the stomach, and griping pain in the bowels, followed by copious vomiting and purging, attended with great prostration. The stools are at first thin and watery, with little or no admixture of bile, but after the disease has continued for an hour or two the evacuations become very bilious. The extremities become cold, accompanied with violent cramps of the legs and muscles of the abdomen. Death frequently happens in twenty-four hours, and in some instances in the course of three or four hours.

*Treatment.*—As soon as any of the symptoms of cholera are noticed, give the anticholera mixture, No. 10,

according to directions. Throw a blanket around the patient, and let him sit by the fire, with his feet upon a hot brick, or place his feet in hot water and salt. If the patient is in violent spasms, administer No. 104 injection, with a teaspoonful of bicarbonate of potash or carbonate of soda in it. Put the patient to bed, and rub his legs and body with hot flannels wet with the stimulating liniment No. 89. The rubbing must be continued until the spasms abate; then place a hot brick, wrapped in a cloth wet with vinegar and water, to his feet and sides. The injection may be repeated every two or three hours, or oftener if required. Sometimes it is necessary to administer the vapour bath, when the spasms cannot be prevented by friction. The patient must avoid all solid food whilst there is any soreness or debility of the stomach or bowels, and confine himself to liquid nourishment, as milk thickened with slippery elm, arrowroot, sago, tapioca, &c.; and during convalescence the bitter tonic compounds may be taken freely, to increase the tone of the digestive organs. The patient must not drink cold water, nor expose himself to cold air, until the health is fully restored, or a dangerous relapse may take place.

In very severe attacks, the treatment recommended for Asiatic cholera may be adopted.

### ASIATIC CHOLERA.

THIS is the most malignant species of this disease. It is characterized by frequent discharges from the stomach and bowels of a watery fluid resembling rice

or barley water. There is a complete suppression of bile and urine, and there is generally a profuse, cold, clammy sweat over the body, great coldness of the surface, a livid or bluish hue of the skin, or blue lips and nails, shrunk fingers, spasms and cramps, and an extraordinary alteration of the countenance.

*Treatment.*—The same as for cholera morbus, only more active. In every dose of anticholera mixture put two teaspoonfuls of the antispasmodic tincture. Give No. 100 injection instead of No. 104, and repeat it oftener, adding the potash or soda to each, as directed for cholera morbus.

## DIARRHŒA.

THIS disease consists of a morbidly irritable condition of the bowels, which produces increased peristaltic action, and immoderate evacuations. It may proceed from irritating and indigestible articles of food, from acrid and vitiated bile, from worms, or acids generated in the bowels, or from retained perspiration and vitiated humours, which, not being expelled by the skin, are thrown upon the liver and bowels, causing an unhealthy secretion of bile and mucus.

*Symptoms.*—The discharges are generally preceded by a murmuring noise, and flatulency in the intestines, with a sense of weight and uneasiness in the lower part of the bowels. In some instances the discharge is made without any previous uncomfortable feelings in the bowels. As the disease advances, it affects the stomach with sickness and vomiting, the countenance turns very pale, and the skin is dry and rigid.

*Treatment.*—In slight attacks, give every hour or two a dose of No. 1 composition tea, with two teaspoonfuls of compound tincture of myrrh in each dose, and keep the patient warm. In more severe attacks, give the anticholera mixture, No. 10, and let the patient drink freely of the following tea :—Take of poplar bark, 1 oz., prickly ash berries,  $\frac{1}{2}$  oz., fleabane, 1 oz., slippery elm, 2 dr. : pour upon them three half-pints of boiling water; cover it, and steep two hours; then strain, and give a teacupful frequently. In severe cases it is necessary to give the vapour bath, more especially when the disease results from cold.

Attention to diet is particularly necessary in all bowel complaints. Exposure to cold and damp must be avoided, and the feet must be kept warm and dry.

After the diarrhoea has ceased, give the No. 4 bitters three or four times a day, to strengthen the stomach and bowels, and restore the appetite.

## DYSENTERY.

THIS is an inflammation of the mucous membrane of the lower part of the bowels, accompanied with frequent stools, which are small in quantity, and consist principally of mucus.

*Symptoms.*—Griping stools, which consist of mucus, or mucus streaked with blood; sometimes pure blood is discharged. The natural fæces are retained, or evacuated in small round masses. In some instances the discharges resemble the washings of meat, and are very fetid. The patient is troubled

with a constant desire to go to stool, and harassed with an inclination to strain, which does not afford any relief. The liver is generally inactive, and the bowels are frequently distended with wind. More or less fever usually attends this complaint, and if it is neglected the inflammation is liable to a putrid tendency.

*Treatment.*—As this disease is located in the lower bowels, injections form a very important remedy. As soon as any of the symptoms of dysentery appear, give the anticholera mixture, No. 10; also give the mixture (poplar bark, &c.) recommended for diarrhœa. Give an injection of the same twice a day, or oftener if the symptoms are urgent, and in each injection put a teaspoonful of bicarbonate of potash or carbonate of soda. The mixture must be well strained before injecting it into the bowels, or it will cause irritation. When the patient is cold or chilly, administer the vapour bath, after which rub the whole surface of the body with the stimulating liniment No. 89, and afterwards keep the patient warm by applying hot bricks or bottles of hot water to the feet and sides. The bath may be repeated frequently if required. When there is great pain in the bowels, apply either of the external applications recommended for pleurisy. Great attention must be paid to diet: the patient must take only such things as are light, and easy of digestion, as sago, arrowroot, milk thickened with slippery elm, &c. The patient must avoid exposure to cold and damp. The mixture of poplar bark, &c., may be continued for some time after all the symptoms of dysentery have disappeared.

## C O L I C

(COLICA)

Is a spasmodic affection of the bowels, more especially of the part called the colon. It is produced by various causes, and manifests itself in a variety of ways, specially depending upon the nature of the exciting cause. We will consider it under three heads—flatulent colic, bilious colic, and painters' colic.

*Flatulent Colic* is generally produced by irritating and indigestible articles of food.

*Symptoms.*—It generally commences with an accumulation of wind in the bowels, attended with a griping or twisting pain. There is obstinate costiveness, with nausea, and sometimes vomiting. The pain comes on in paroxysms, followed by transient intervals of rest. When the pain comes on, the patient is very restless, and rolls about. The pain flies about from one part of the bowels to another, and is much lessened when there is a discharge of wind either upwards or downwards. Strong pressure on the abdomen affords more or less relief, which distinguishes this disease from inflammation of the bowels.

*Treatment.*—Give a teaspoonful of the antispasmodic tincture in a teacupful of strong mint tea every half hour. Administer No. 100 injection, and repeat it every hour, or oftener if required. Foment the bowels with the No. 90 fomentation, or with the stimulating liniment No. 89, made as hot as the patient can bear it.

If the attack has resulted from overloading the stomach, give an emetic (No. 13), and use the other means already recommended.



When the urgent symptoms are allayed, give a full dose of aperient powder No. 9; to be repeated every other night for a week. Give the following mixture daily for a week or two, to prevent a recurrence of the symptoms:—Take of scullcap, 1 oz., fleabane, 1 oz., prickly ash berries, 1 oz., ginger,  $\frac{1}{2}$  oz.: pour upon them a quart of boiling water; cover it, and allow it to steep for three or four hours, and then strain it. Dose, a wineglassful, four times a day.

*Bilious Colic.*—This is a more severe form than the other. The spasmodic action of the bowels is so violent as to prevent the passage of the bile downwards, and sometimes the contents of the bowels are also prevented from passing. It is distinguished from the other species of colic by a bitter taste in the mouth, great thirst, feverishness, vomiting of bilious matter, headache, and obstinate costiveness.

*Treatment.*—Administer No. 100 injection every half-hour. Give the tincture recommended for the other colic. If the symptoms are violent, administer the vapour bath, followed by a wash with the stimulating liniment No. 89, and continue the injections and tincture until the vomiting and pain cease. When the urgent symptoms are abated, give the aperient powder and tea recommended for the other colic.

*Painters' Colic.*—This is generally a more difficult and dangerous form of colic than the others. It appears to arise from the absorption of lead into the system; hence painters, potters, miners, and white-lead workers are most subject to it.

*Symptoms.*—It generally comes on gradually, with a pain at the pit of the stomach, extending downwards to

the bowels. The abdomen is hard, retracted, and somewhat tender upon pressure. The pain becomes more severe and constant, especially about the navel, and sometimes extends to the arms and other parts of the body, and is frequently attended by severe vomiting, violent spasms of the bowels, with obstinate costiveness. If the disease is not removed, it is liable to terminate in inflammation and gangrene, or a paralysis of the arms and contraction of the fingers.

*Treatment.*—As this disease is brought on by the poisonous influence of lead, our object must be, not only to obviate its immediate paralyzing effects, but also to enable the constitution to throw it out of the body entirely. As soon as any of the symptoms of this disease are perceived, give the No. 100 injection twice a day, or oftener if required; also give a vapour bath every day, after which rub the body well with the stimulating liniment No. 89; and every other day, after the bath, give an emetic (No. 13.) When the severity of the pain is subdued, give a dose of the aperient powder, and repeat it every other night. Give the mixture recommended for the other colic, and the patient should take, three or four times a day, as many of the No. 50 pills as can be borne without producing sickness. When the symptoms are abated, give the injection once a day, and the vapour bath and emetic once a week, which must be continued for several weeks after the patient appears to be cured, for this is a very deceitful disease, and if the lead is left lurking in the system it may upon the slightest cold cause a relapse.

Should there appear any symptoms of paralysis in the arms, rub them well several times a day with the stimu-

lating liniment No. 89, and bind some flannel over them to keep them warm. Great attention must be paid to diet, and the patient must avoid exposure to cold or damp.

## C O S T I V E N E S S

(CONSTIPATIO)

Is a torpid condition of the lower bowels, which causes an unnatural retention of the excrements. It may arise from a deficiency of nervous energy, too much absorption of the fluids from the intestines, or from a deficiency of bile. It may be produced by want of exercise, errors in diet, especially the use of bread made of fine flour—by the use of drastic purges, or any other means which will weaken the peristaltic motion, or increase the irritability of the absorbents of the lower bowels, or produce a torpid condition of the liver; for where there is a deficiency of bile there is invariably a torpid action of the bowels.

Constipation produces many very distressing symptoms, and is frequently the cause of various forms of disease of a more distressing and dangerous character, as piles, fistula, stoppage of the bowels, indigestion, &c.

*Treatment.*—Use the undressed bread instead of the white bread. Take plenty of exercise in the open air. Make a regular habit of going to stool daily, at a fixed hour; and always make an effort, even when the bowels will not move. Take the No. 51 pills, to regulate the liver; and if needful, assist the bowels with a simple injection every morning. At first use half a pint of water, just warm; and use it cooler every morning, until it can be borne quite cold: then con-

tinue to use half a pint of cold water regularly. Sponge the whole surface of the body every morning with cold water and salt, and pay great attention to the diet, and the constipation will soon be cured, with all its distressing symptoms. It is advisable in general to take two or three doses of the aperient powder at first, in order to clear the bowels of any accumulation. Taking roasted apples for supper, and a raw egg the first thing in the morning, will of itself frequently regulate the bowels; or taking wheat jelly for supper. It is prepared in the following manner:—Take any quantity of wheat desired; soak it twelve hours in soft water; then boil it four hours, allowing the water to evaporate, excepting enough to form the wheat into jelly. It may be eaten with sugar or molasses. It is excellent for regulating the bowels, and makes a very useful food for the sick and convalescent.

*Stoppage of the Bowels.*—This is a very severe and dangerous form of constipation, and in the hands of the regular doctors frequently proves fatal. The reformed practice has invariably proved successful.

*Treatment.*—In all cases of stoppage of the bowels, our reliance must be upon injections. Administer No. 100 injection, and repeat it every hour if required. It should be given as soon as the first symptoms of the disorder are manifest, and will not fail to move the bowels in all cases of simple stoppage. The abdomen should be fomented with the stimulating liniment No. 89, or the fomentation No. 90, and the patient kept warm. If the disorder has been neglected, or improperly treated, and mortification has taken place, the case should not be considered quite hopeless. Adopt the

following treatment:—For an injection, take two table-spoonfuls of antispasmodic tincture, a gill of warm water, and a gill of fresh yeast: mix them well together, and strain. Administer the whole, and repeat it every half hour. Also give the patient the following mixture to drink:—Equal quantities of milk and yeast, with a little charcoal in it. Give a wine-glassful every half hour.

The vapour bath is sometimes very useful in this complaint.

## INDIGESTION.

(DYSPEPSIA.)

ALTHOUGH this is the most common form of disease with which civilized people are afflicted, it is the one that is above all others impossible to describe. It assumes so many forms, and manifests itself in such a variety of ways, that it would fill several volumes to relate the different symptoms attendant upon this distressing complaint. As the stomach is the “centre of sympathy,” all the organs of the body suffer more or less when that is deranged. In general, dyspepsia arises from one or other or several of the following causes: errors in diet and habits, want of exercise, nervous debility of the stomach, costiveness, torpidity of the liver, chronic inflammation of the stomach, deficiency or vitiation of the gastric juice; and these are generally connected with an inactive state of the exhalants of the skin.

*Treatment.*—Give a vapour bath; after which sponge the body with the stimulating liniment No. 89;



then give an emetic (No. 13). Repeat these once a week. If the tongue is coated, after the emetic give No. 1 composition tea freely, and when the tongue is clean give No. 4 bitters three or four times a day; also give No. 51 or 56 pills. If the patient is costive, he must be treated as recommended under that head. The patient should take two or three hours' exercise daily in the open air, and sponge the body well every morning with cold water and salt; or, if he is very chilly, use the stimulating liniment. Great attention must be paid to the diet. He should eat the undressed bread, and avoid fat meat, butter, cheese, pastry, strong coffee, green tea, and whatever else he finds difficult of digestion. He should take his meals at regular hours, and eat no more food at a time than will digest, no matter how small that quantity may be. It is also very important that the feet be kept warm and dry. The process of expanding the lungs, mentioned under the head of consumption, is highly beneficial in cases of obstinate dyspepsia. If it is only a slight attack of dyspepsia, an emetic and the No. 51 pills, with the bitters and the cold sponging, will in general be sufficient to effect a cure.

## WATER BRASH.

(PYROSIS.)

THIS affection generally arises from weakness of the stomach, and affects the individual mostly when the stomach is empty.

*Symptoms.*—A pain at the pit of the stomach, with a feeling of constriction, as if it were drawn towards



the back. Afterwards there is belching, and a discharge of a considerable quantity of a thin watery fluid, sometimes of an acid taste, but often quite insipid: in some instances it is very ropy.

*Treatment.*—Give a dose of aperient powder No. 9, every other night, and the No. 4 bitters, three times a day. Add a little carbonate of soda to the bitters.

### HEARTBURN.

*Symptoms.*—A gnawing or burning pain in the stomach, accompanied with sour belching. In very severe attacks there is nausea and vomiting, attended with a difficulty of breathing, a sense of weakness, with coldness and trembling of the extremities. It is a common symptom of dyspepsia. Some women suffer very much from it during pregnancy, owing to the irritable state of the stomach. It is produced by acidity of the stomach, which generally results from irritability of that organ. Sometimes it is brought on by taking very acid drinks, or indigestible food, or from the transition of gouty or rheumatic humours.

*Treatment.*—Neutralize the acid by taking the following:—Half a teaspoonful of carbonate of soda, and half a teaspoonful of pulverized peppermint plant; mix them in a tablespoonful of brandy and a little cold water, and take for a dose, and repeat it if required. Take a dose of aperient powder No. 9 every other night, and the No. 4 bitters three times a day, putting a little carbonate of soda in each dose. In very obstinate cases it will be needful to give an emetic (No. 13.)

## CRAMP OF THE STOMACH

GENERALLY comes on suddenly, and is very dangerous. It mostly affects those who are weakly or nervous. It may arise from cold or debility, or from irritating substances in the stomach.

*Treatment.*—Friction should be immediately employed over the region of the stomach, and continued until the pain subsides. Rub on the part any of the stimulating compounds. The stimulating liniment is very useful, or if this is not ready at hand, use either of the others: or use the bare hand, or hot flannels. Give the patient a teaspoonful of the antispasmodic tincture, No. 28, in some warm water, or half a teaspoonful of cayenne in a teacupful of warm water, and repeat the dose if it is required.

After the attack is subdued, the patient should follow the directions for treating indigestion, in order to strengthen the stomach, so as to prevent future attacks.

Taking from two to four No. 50 pills upon going to bed, with a dose of No. 3 composition, will, in general, prevent an attack of cramp.

## J A U N D I C E.

(ICTERUS.)

THIS disease results from an obstruction to the passage of the bile into the bowels, causing a suffusion of it throughout the body. The obstruction may

arise from disease of the liver ; from the presence of gall-stones in the duct leading to the bowels ; or by the thickening of the bile the passage may be choked up ; or it may result from spasmodic constriction of the ducts.

*Symptoms.*—A yellow colour of the skin, eyes, urine, and perspiration. Occasionally, it comes on without any warning, but most usually it is preceded by languor, costiveness, flatulency, pain in the bowels, drowsiness, loss of appetite, disagreeable itching over the whole body, and in some instances there is a dull pain in the right side ; the stools are whitish, and the tongue is covered with a dense yellow coat.

*Treatment.*—Give a dose of the aperient powder No. 9. After it has operated, give an emetic (No. 13) ; then give the following mixture :—Take of barberry bark, 1 oz., golden seal,  $\frac{1}{2}$  oz., poplar bark,  $\frac{1}{2}$  oz., prickly ash berries, 1 oz., bloodroot,  $\frac{1}{4}$  oz. ; pour upon them a quart of boiling water ; steep three or four hours ; then strain, and add half a pint of Hollands gin. Give a wineglassful three or four times a day, before meals, and give an injection of the same every morning. Give No. 51 pills, and if the bowels are costive, give a dose occasionally of the aperient powder. The mixture and pills should be continued for several weeks after the jaundice is cured. Raw eggs are very useful in this disease.

When it results from gall-stones lodging in the ducts, acute lancinating pains will be felt on the right side, near the pit of the stomach, attended by great irritation of that organ. Frequently there is vomiting, and the bowels are obstinately costive.

*Treatment.*—Give the vapour bath and No. 99 injection, and repeat them frequently. Give the following frequently during the day:—A teaspoonful of the antispasmodic tincture, and half a teaspoonful of sudorific powder No. 12: mix them together in a little warm water, and give for a dose. The patient must be kept in a state of perspiration, by placing hot bricks to the feet and sides, first wrapping the bricks in cloths wet with vinegar and water. Either of the external applications recommended for pleurisy may be placed to the side, to ease the pain. When the violence of the symptoms is abated, give the mixture of barberry bark, &c., as recommended for the other form of jaundice; also give the No. 51 pills. Great attention must be paid to the diet, and the patient must avoid exposure to cold and damp.

## DISEASES OF THE URINARY ORGANS.

### GRAVEL AND STONE.

GRAVEL and stone are formed from the impurities or sediment of the urine, which, like the blood and all other fluids of the body, becomes unhealthy in consequence of a disordered state of the general system.

Gravel consists of small sand-like particles, which are formed in the kidneys. They are usually full of sharp angles, which cut and fret the inner surface of the urinary canals in their passage from the kidneys to the bladder, occasioning great pain in the loins,

and often drawing blood, which is the cause of blood being voided with the urine. The irritation which is thus produced commonly extends to the stomach, causing nausea and vomiting. There is pain and numbness of the thighs, retraction or drawing up of the testicles, and a difficulty in passing the urine. The passage of the gravel into the bladder sometimes produces such acute pain as to occasion faintings and convulsive fits. The symptoms often resemble inflammation of the kidneys, but the presence of the gravelly powder in the urine points out the difference. Gravel generally arises from a disordered state of the digestive organs, attended with a life of inactivity.

*Treatment.*—Give the diuretic infusion, No. 32 or 33, or the following pills:—Take of pulverized ginger 1 dr., Castile soap, 1 dr.; mix them with oil of juniper. Give two pills three times a day. If the pain is very severe, give No. 99 injection; also a vapour bath, and an emetic, (No. 14). The injection may be repeated frequently. It is a very important remedy. It is relaxing and soothing, and thus it prevents that constriction and irritation which is the cause of so much suffering, and it very much facilitates the passage of the gravel. Flannels wrung out of hot tincture of cayenne, or stimulating liniment, or the common fomentation, may be applied externally to the region of the pain—and place a bottle of hot water to the flannel to keep it warm.

Stone is an accumulation of the particles of gravel, which collect together and adhere so as to form a hard mass or stone. In some instances stones are formed, and enlarge, by successive layers of gravel,

until they attain a great size, and are very difficult, if not impossible, to remove.

*Symptoms.*—An uneasy sensation of itching in the head of the penis; a frequent desire to pass water and to go to stool; severe pain in the lower part of the abdomen; great pain in voiding urine. The urine is sometimes mixed with blood and mucus. It often comes away in drops, and if it flows in a full stream it is apt to be suddenly checked, although the bladder is not emptied.

*Treatment.*—The same as for gravel. The injection and vapour bath are very important, and should be repeated frequently. In retention of urine from stone, adopt the following plan. Let the patient lie upon his back for a few minutes, to allow the stone to fall from the neck of the bladder, then, by turning on one side, he will be able to pass the water.

The diuretic infusion or the pills must be taken regularly for a length of time, in order to excite a healthy secretion of urine, and so prevent a further accumulation of stone, and in many instances will prove a sure means of dissolving and passing those already formed, provided the individual is sufficiently careful as to his diet, and adopts the necessary precautions to keep his body in a healthy and vigorous state.

## STRANGURY

Is a difficulty and pain in voiding urine. The urine is voided with great difficulty, and in small quantities, attended with severe burning pain, and a constant desire



to urinate. Children whose health is neglected during teething, are subject to this complaint.

*Treatment.*—Attend to the general health, and give No. 33 diuretic infusion. Apply warm fomentations to the region of the bladder, and administer No. 99 in jection, and repeat it frequently if it is required.

## SUPPRESSION OF URINE.

THIS arises from the kidneys losing their secreting power, so that little or no urine is conveyed to the bladder. It most generally occurs from inflammation or weakness, or from some mechanical obstruction.

Suppression must be distinguished from retention. In suppression, the kidneys cease to secrete the urine from the blood, consequently none is formed; whereas in retention the urine is formed, but its passage from the bladder is obstructed. Suppression of urine cannot continue long without producing serious consequences.

*Symptoms.*—Great feverishness, a taste in the mouth similar to that of urine, and the smell of urine in the perspiration. Sometimes it produces drowsiness and stupor, and in other instances, delirium and convulsions.

*Treatment.*—This disease requires prompt and energetic treatment, except when it occurs in the last stages of disease. Give No. 100 injection every hour. Give the vapour bath, and continue it longer than usual. Apply to the small of the back either of the external applications recommended for pleurisy, and give the patient freely of the diuretic infusion

No. 32, adding to it a portion of valerian root, if the patient is nervous and restless. The patient should be kept in a warm perspiration, by placing hot bricks or bottles of hot water to the feet and sides, first wrapping the bricks or bottles in cloths wet with vinegar and water.

If it arises from inflammation, the course must be adopted recommended under that head.

## RETENTION OF URINE.

THIS is an inability to discharge the urine, owing to weakness or paralysis of the bladder, whereby it loses its expulsive power. Or it may arise from inflammation or constriction, or a mechanical obstruction in the neck of the bladder or in the urethra.

*Symptoms.*—There is a frequent desire to pass water, accompanied with the most excruciating pains, and the lower part of the abdomen is tender upon pressure. The skin is usually hot and dry, and the patient complains of nausea and headache.

*Treatment.*—Give No. 99 injection; also inject a portion of it into the urethra, and foment the region of the bladder with No. 90 fomentation.

In obstinate cases, give the vapour bath, and repeat the injections every half-hour. The patient must lie in bed, with hot bricks or bottles of hot water placed at his feet and sides. Let the patient drink freely of No. 3 composition tea, made mucilaginous with slippery elm.

## INCONTINENCY OF URINE.

THIS, though not in general a dangerous affection, is always a very troublesome complaint. Sometimes it is very annoying, for, by the urine constantly dripping off, very painful and distressing excoriations take place on the inner part of the thigh, the scrotum, and perinæum. It may arise from paralysis of the sphincter of the bladder, from mechanical causes, from nervous debility, or from a gravelly affection.

When it arises from paralysis, the urine generally passes off without any sensation of its occurrence. When it is caused by nervous debility, it generally dribbles off involuntarily; but in some cases of nervous irritability, the incontinence occurs in sudden and irregular attacks. The patient suddenly feels a most urgent desire to urinate, and, before he has time to do so, it passes off involuntarily.

*Treatment.*—If it arises from paralysis, administer the No. 100 injection night and morning, and rub on the region of the bladder any of the stimulating tinctures, as No. 17, 24, or 28, several times a day, and give the following mixture:—Take of uva ursi,  $\frac{1}{2}$  oz.; powder of sumach berries,  $\frac{1}{2}$  oz.; poplar bark,  $\frac{1}{2}$  oz.; scullcap,  $\frac{1}{2}$  oz.; prickly ash berries,  $\frac{1}{2}$  oz.; pour upon them three half-pints of boiling water; steep two or three hours, then strain, and give a wineglassful three or four times a day.

If it arises from nervous debility, attend to the general health. Give the mixture just recommended; also give an injection of it night and morning. Foment the region of the bladder, as for the other form, and sponge

the body every morning with cold water and salt, or rub the body well with a cloth wet with the stimulating liniment No. 89.

Children are very subject to a species of incontinency which occurs during sleep. It mostly happens when the child is lying on its back. It may arise from neglecting to cause the child to urinate before going to bed; or in worse cases it is associated with a gravelly affection, or some tendency to other urinary disease.

*Treatment.*—Always cause the child to urinate before going to bed; and if it occurs after that, give the child the following tea:—Take of poplar bark,  $\frac{1}{2}$  oz.; powder of sumach berries,  $\frac{1}{2}$  oz.; scullcap,  $\frac{1}{2}$  oz.; pour upon them a pint of boiling water; let it steep two hours, then strain, and sweeten it with honey. Give to a child five or six years old, a tablespoonful three or four times a day. Attend also to the general health.

## EXCESSIVE DISCHARGE OF URINE.

### (DIABETES.)

THIS disease appears to arise from a general derangement of the system, in which the digestive and assimilative processes are but imperfectly performed, and the lungs are generally more or less disordered, which causes a peculiar condition of the blood, and a perverted action of the kidneys. It is generally treated of under two heads, according to the nature of the urine.

*Diabetes Mellitus.*—In this form of diabetes the urine is voided in unusually large quantities, generally far exceeding all the fluids which the patient takes.

It is sensibly impregnated with saccharine matter, and is generally accompanied by very urgent thirst, craving appetite, dry skin, wasting of the flesh, great debility, some degree of inflammation about the prepuce and glans penis, especially about the external orifice of the urethra. In the latter stages of this disease there is coldness and tumefaction of the feet, vertigo, head-ache, and difficulty of breathing.

*Treatment.*—As perspiration is almost suppressed, it is of the utmost importance that that function should be attended to. Give a vapour bath of bitter decoction No. 110 twice a week. After the bath rub the body well with a towel wet with the stimulating liniment No. 89, and once a week after the bath give an emetic (No. 13). Rub the whole surface of the body night and morning with the stimulating liniment No. 89. Give the following mixture :—Take of scull-cap,  $\frac{1}{2}$  oz., valerian,  $\frac{1}{2}$  oz., meadow-fern burrs,  $\frac{1}{2}$  oz., poplar bark,  $\frac{1}{2}$  oz., wild cherry bark,  $\frac{1}{2}$  oz., prickly ash berries,  $\frac{1}{2}$  oz.: pour upon them three half-pints of boiling water; cover it, and let it steep for two or three hours; then strain, and give a wineglassful three or four times a day. Also give two of the No. 52 pills after each meal. Regulate the bowels with the aperient powder No. 9. Great attention must be paid to the diet. No article of food or drink containing sugar in any form must be allowed. The patient should be restricted as much as possible to animal diet. Difficult cases of diabetes are said to have been cured by means of diet, such as taking boiled beef-steaks three times a day, without bread or vegetables, and with very little to drink.

This disease should be attended to in its early stages, for if it is neglected until the latter or consumptive stages, there can be but very little hope of recovery.

*Diabetes Insipidus.*—This disease is similar to the other, only that the chemical nature of the urine is different. Under this head are included all excessive discharges of urine not characterized by the presence of sugar in the water voided.

*Treatment.*—Adopt the general treatment recommended for the other, and regulate the diet according to the peculiar nature of the urine.

## D R O P S Y .

(HYDROPS.)

DROPSY is an unnatural accumulation of watery fluid in the cellular tissue, or in any of the cavities of the body, as the chest, abdomen, &c. It arises from an obstruction to the flow of venous blood, causing a weakness of the absorbent vessels, which consequently are unable to take up the effused fluid so as to discharge it through the natural channels, the skin and the kidneys.

## DROPSY OF THE ABDOMEN.

(ASCITES.)

*Symptoms.*—Swelling of the abdomen, the distension varying according to the posture of the body. As the collection of water increases, the breathing becomes short



and difficult. The skin is dry and parched, accompanied with immoderate thirst. The urine is very scanty, thick, high-coloured, and deposits a sediment. In the latter stages of the disease, the patient is troubled with a short, dry cough, and with swelling of the feet and legs.

*Treatment.*—Give a vapour bath of bitter decoction No. 110. After the bath, rub the patient well with a cloth wet with the stimulating liniment. Whilst in the bath, the patient should drink some very strong tea of No. 3 composition. After the bath, the patient should go to bed. Place at his feet and sides hot bricks or bottles of hot water, wrapped in cloths wet with vinegar and water; then give an emetic (No. 13). The bath should be repeated twice a week, and the emetic once a week. Give the diuretic infusion No. 32, and the patient should take three or four of the cayenne pills No. 52 after each meal. To improve the appetite and strengthen the stomach, give the bitters No. 4, making the infusion very strong. The hot bricks should be placed at the feet every night, and the body should be well rubbed night and morning with a towel wet with the stimulating liniment No. 89. The abdomen should be swathed with flannel as tightly as it can conveniently be borne. The diet must be nourishing and stimulating. Cayenne and black pepper may be taken freely.

## DROPSY OF THE CHEST.

(HYDROTHORAX.)

*Symptoms.*—A sense of uneasiness or tightness at the lower part of the breast-bone, with a difficulty of breathing, which is increased by exercise. The patient is troubled

with a hacking cough, and great thirst, There is also a considerable swelling of the legs and feet, and a diminished flow of urine. The difficulty of breathing increases, and the patient is obliged to be propped upright in bed. His sleep is frequently interrupted by alarming dreams, and very sudden starts, accompanied with a sense of impending suffocation.

*Treatment.*—The same as for dropsy of the abdomen. The chest should be well rubbed two or three times a day with the tincture of cayenne, No. 17, or the rheumatic drops, No. 29.

## WATER IN THE HEAD.

(HYDROCEPHALUS.)

THIS disease is almost peculiar to children, being rarely known to occur after the age of twelve or fourteen. It most frequently attacks those of a scrofulous habit, and generally occurs during the period of dentition.

*Symptoms.*—Pain in the head, feverishness, restlessness, tossing the hands to the head, and occasionally screaming or shrieking without any apparent cause; impatience of light and sound, a flush on one side of the face, and a peculiar, distressed expression of the countenance. There is a torpidity of the bowels, with nausea and vomiting, particularly on assuming the erect posture; and in the last stages of the disease there is stupor, torpor, squinting, and paralysis.

*Treatment.*—As this disease is nearly connected with, and mostly results from, inflammation of the brain, it will require the same kind of treatment as recommended

for that complaint, adapting all the remedies to the age of the patient.

## DROPSY OF THE CELLULAR TISSUE.

(ANASARCA.)

THIS form of dropsy consists in a morbid collection of watery fluid in the subcutaneous cellular tissue. It may be diffused throughout the whole body, or confined to a limited part of it. It usually commences with a swelling of the feet and ankles towards evening, which for a time disappears again towards morning. The swelling is soft and inelastic, and when pressed upon by the finger retains the mark for some time. By degrees the swelling ascends and occupies the trunk of the body; the breathing becomes difficult; the urine is small in quantity, high-coloured, and deposits a red sediment; the bowels are costive; the perspiration is much obstructed; the countenance yellow and bloated, and the thirst considerable. To these symptoms succeed torpor, heaviness, a troublesome cough, and a slow fever. This form of dropsy is generally connected with a sluggish and languid state of the system, and is very apt to supervene after excessive loss of blood, and other exhausting and debilitating causes. Local anasarca may be produced by whatever impedes the free return of the blood by the veins. Mere debility, especially when aided by a long-continued erect posture, will sometimes have the same effect.

*Treatment.*—Whatever part of the body the dropsical effusion affects, adopt the same general treatment as recommended for dropsy of the abdomen, adapting the external stimulating application to the part affected.

## HEMORRHAGE.

HEMORRHAGE, or bleeding, generally arises from an unusual determination of blood to a particular part of the body. Sometimes it results from great relaxation, or from lesion of the part; or it may result from some constitutional disorder, as the stoppage of some customary evacuation; and in some instances it is symptomatic of other disorders.

The general treatment should be of the following nature:—Remove the cause by which it was produced; equalize the circulation, so as to prevent the unnatural determination of the blood to the part affected; and astringe and give tone to the part, so as to prevent a recurrence.

## BLEEDING FROM THE NOSE.

(EPISTAXIS.)

THIS may arise from general debility, from the stoppage of any customary evacuation, or from a full habit. But, whatever may be the remote cause, the immediate occasion of the bleeding is an extra determination of blood to the head, which ruptures the thin tegument which covers the network of blood-vessels in the nose. It sometimes comes on without any previous warning, but most usually it is preceded by a pain and heaviness of the head, giddiness, flushing of the face, heat and itching in the nostrils. In general it soon ceases, but if it continues for any length of time, means must be employed

to stop it. Let the patient snuff up the nose pulverized gum kino or witch hazel leaves, or pulverized alum; or put a piece of cotton wool up the nose, previously covered with either of those powders. Put the feet in warm water; place a cold wet bandage on the forehead, and one on the nape of the neck; and give composition tea freely. The patient should keep his head erect, until the bleeding has ceased.

To prevent a return of the bleeding, give a dose of the aperient powder No. 9 for about three nights successively; and the patient should take about half a teaspoonful of cayenne with his food about three times a day, or take three of the cayenne pills No. 52 three or four times a day, and rub the feet and legs night and morning with the stimulating liniment No. 89.

In very obstinate cases, give a vapour bath and an emetic (No. 13) about once a week, in addition to the other treatment.

When bleeding from the nose occurs in any putrid disorder, it is generally a fatal symptom.

## BLEEDING FROM THE LUNGS, OR SPITTING OF BLOOD.

(HEMOPTYSIS.)

THIS generally results from a relaxed and debilitated state of the lungs. It may, however, arise from injuries done to the lungs, or be symptomatic of some other disorder. It may be distinguished from bleeding from the stomach by observing that it is raised by hacking or coughing, and that the blood is of a florid colour, and frothy; whereas in bleeding from the stomach the blood

is vomited in considerable quantities, and is of a dark colour. There is also a difference in the previous symptoms of these two complaints.

Bleeding from the lungs is usually preceded by heat, pain and tightness in the chest, and a short, tickling cough, with irritation in the throat, and a saltish taste in the mouth.

*Treatment.*—Place the feet in warm water, and give No. 3 composition tea freely. Wrap the patient up warm, to favour perspiration, and give a dose of aperient powder, No. 9, to clear the bowels. In slight attacks this treatment will be sufficient, but when the symptoms are more severe, administer the vapour bath and No. 100 injection, place a hot brick to the feet, and give the patient freely of the following tea:—take witch hazel leaves, fleabane, and bethroot, each 1 oz., prickly ash berries,  $\frac{1}{2}$  oz.: pour upon them three half-pints of boiling water, and allow it to steep for a time. Dose, a wineglassful every two hours, until the bleeding ceases, it may then be given about three or four times a day. Repeat the vapour bath two or three times a week, and the aperient powder every other night. Great attention must be paid to the diet: it must be light, and easy of digestion. The patient must also avoid cold and damp.

## BLEEDING FROM THE STOMACH, OR VOMITING BLOOD.

(HEMATEMESIS.)

IN this complaint, the bleeding does not generally proceed from a ruptured vessel, but escapes through the



membrane of the stomach. It is mostly preceded by chilliness, nausea, and a sense of weight and pain in the region of the stomach; the breath is offensive, and the hands and feet are very cold. The blood which is discharged is thick and of a dark colour, and if it is not discharged by vomiting, it passes off by the bowels, and renders the stools black and offensive. The quantity of blood vomited or discharged is seldom so profuse as to destroy the patient suddenly: the principal danger arises either from the great debility which repeated attacks may induce, or from the lodgment of blood in the intestines, which by becoming putrid may occasion serious disorder.

*Treatment.*—Place the feet in warm water, and in the meantime prepare the vapour bath, which administer as soon as possible; after which rub the body with the stimulating liniment No. 89. Previous to giving the bath, administer an injection (No. 103), and put in it a teaspoonful of the compound tincture of myrrh, No. 20. After the bath, give the following tea:—Take fleabane, poplar bark, and witch hazel leaves, of each 1 oz., ginger  $\frac{1}{2}$  oz.: pour upon them three half-pints of boiling water; allow it to steep about two hours; then strain, and give a wineglassful every hour or two, until the bleeding ceases; afterwards give it three or four times a day. In every dose put a teaspoonful of slippery elm.

The injection should be repeated every morning for several weeks, and the vapour bath should be repeated twice a week. Very great attention must be paid to the diet, and the patient must avoid cold and damp.

If the bleeding is caused by a suppression of the menses, adopt the treatment recommended under that head.

## VOIDING OF BLOOD BY URINE.

(HEMATURIA.)

THIS is sometimes caused by falls, blows, or bruises, from violent exertion, or from the use of cantharides or some other poisonous diuretic; but most frequently it is caused by the passage of a stone. In some instances the quantity of blood discharged is so great as to produce alarming debility. If the blood is from the urethra it is generally pure, but when it proceeds from the bladder or kidneys it is frequently mixed with the urine, or coagulated flakes. When it proceeds from the bladder, it is usually accompanied by a sense of pain and heat in the lower part of the abdomen, with a frequent desire to pass water. When it proceeds from the kidneys or ureters, it is attended with pain and uneasiness, or a sense of weight in the back, with a difficulty in making water. It may be distinguished from the high-coloured urine attendant on many diseases, by its depositing clotted blood in the chamber utensil, and by its staining linen a red colour.

*Treatment.*—If it arises from an injury, administer an injection (No. 103), with a teaspoonful of the compound tincture of myrrh No. 20 in it; also administer the vapour bath and repeat them if required. Give the patient freely of soothing drink, as tea made from slippery elm, comfrey root, marsh-mallows, &c., and he must be kept very quiet and at rest.

If the bleeding arises from the passage of a stone, give the vapour bath every day or every other day, and the injection night and morning. Give the diuretic infu-

sion, No. 32 or 33, well sweetened with honey. Let the patient's drink be soothing and mucilaginous, and his diet very light.

## PILES. (HEMORRHOIDS.)

THESE are tumours which are formed by an enlargement of the veins of the rectum. They are situated either within or at the verge of the anus. They become inflamed, enlarged, and extremely painful, and frequently discharge a considerable quantity of blood: they are then called bleeding piles. When blood is not discharged, they are commonly called blind piles. Sometimes they enlarge so as to interfere with the passage of the excrements, causing severe pain and suffering. They are often forced down at stool, and in some instances are returned with difficulty. The lining membrane of the rectum, being in a relaxed or debilitated state, is apt to protrude, so as to form a prominent and extremely sensitive ring around the anus. In some instances they become inflamed, and the inflammation terminates in an abscess, which is very liable to degenerate into a fistulous sore; or it may terminate in a hardened mass, which sometimes ulcerates, and discharges a thin, acrid matter.

Piles are caused by whatever weakens the lower bowels, and prevents the free return of blood from them.

*Treatment.*—Steam the part every night with the bitter decoction No. 110. If there is much inflammation, apply the No. 59 poultice. Give an injection night and morning, made as follows:—Take of witch hazel

leaves,  $\frac{1}{2}$  oz.; cranesbill,  $\frac{1}{2}$  oz.; meadow-fern burrs, 1 oz.; slippery elm, 2 drs.: mix the powders well together, and pour upon them three half-pints of boiling water; steep for four hours, and then strain it. In the morning use half a pint for the injection, and at night a teacupful. It should be injected just before going to bed, and allowed to remain until the morning. Repeat these injections daily, until the tumours are perfectly cured. The one in the morning should be continued for some time after a cure is effected. If the tumours are situated externally, use the pile ointment No. 81, 82, or 83. The following tea should be taken at the same time that these applications are made:—Take of golden seal,  $\frac{1}{2}$  oz.; meadow-fern burrs, 1 oz.; poplar bark,  $\frac{1}{2}$  oz.; ginger,  $\frac{1}{2}$  oz.; boiling water, three half-pints; steep for three or four hours, and then strain it. Give a wine glassful three or four times a day. The patient should be very careful about his diet: food should be selected that will easily digest, and such as will not produce costiveness or irritability of the bowels. (*See the remarks upon costiveness, respecting diet.*)

## MISCELLANEOUS DISORDERS.

### HEADACHE.

THIS malady is generally occasioned by a disordered stomach. Sometimes the only symptom attending a foul stomach and imperfect digestion is a pain in the head, as the stomach may be so torpid as not to be sensibly

affected by it, but the irritation is communicated to the brain, which immediately suffers; and the torpidity of the stomach may itself be the cause of the indigestion. Pain in the head sometimes results from a sluggish state of the circulation: the head suffers pain from slight congestion of the blood there, and digestion is impaired from want of more arterial blood. Headache sometimes arises from costiveness, or other bowel disorders which cause a determination of blood to the head. It may also arise from nervous irritability, or from an effusion of bilious matter in the stomach; it is then termed "sick headache." If headache is felt immediately after eating, it is very probable that it arises from a disorder of the stomach; but if it does not happen until an hour or two after eating, it is probable that it is from an affection of the bowels.

*Treatment.*—If it arises from a disordered stomach, or from sluggish circulation, give two teaspoonfuls of the compound tincture of myrrh, No. 20, in a little warm water; place the feet in warm water, or upon something warm, and bathe the forehead with the following mixture:—Take of spirits of wine, best vinegar, and rose-water equal parts, and mix them well together. In obstinate cases it is requisite to give an emetic, and a dose or two of aperient powder.

If it arises from costiveness, the means must be used as recommended for that complaint.

If it is from nervous irritability, first clear the stomach and bowels; then give the following nervine tea:—Take scullcap, valerian, hops, and prickly ash berries, of each equal parts; make a strong tea, which may be drunk freely.

For sick headache, give a dose of aperient powder No. 9, place the feet in warm water, and bathe the forehead with the mixture recommended for the other form of headache. Also give the dose of tincture of myrrh, and repeat it frequently. The patient should take for some time a small dose of aperient powder every night, just sufficient to operate upon the bowels, and take the No. 4 bitters three or four times a day. Sponge the body every morning with cold water and salt, or the stimulating liniment. Pay very particular attention to diet, keeping the bowels open by a proper kind of food, as recommended for costiveness. If this course is properly carried out, it will strengthen the stomach and bowels, and prevent that effusion of bile into the stomach which is the cause of the attacks.

Persons who suffer habitually from other kinds of headache should adopt the same course.

## EARACHE, INFLAMMATION OF THE EAR. (OTITIS.)

THIS is generally produced by taking cold, and if neglected it sometimes proves a very dangerous disease, being attended with fever and delirium, and sometimes terminating in suppuration, and the destruction of the internal structure of the ear.

*Treatment.*—Take a suitable quantity of hops, simmer them a few minutes in vinegar and water, enclose them in a flannel bag, and apply it over the ear as hot as it can be borne, changing it as often as it becomes cold : or apply a flannel bag filled with chamomile flowers,



warming the bag in the oven before it is applied: or syringe the ear with warm soapsuds, and then with the antispasmodic tincture No. 28. Whichever way is tried, the feet should be placed in warm water for about twenty minutes, and then well dried, and rubbed briskly with the stimulating liniment No. 89 (unless the skin is broken), and the patient should drink freely of the No. 3 composition tea.

### TOOTHACHE.

THIS painful affection generally results from cold, though sometimes it is caused by a disordered stomach. It mostly happens in decayed teeth, where the extremity of the nerve is exposed to the influence of cold.

*Treatment.*—Put a little cotton wool in the hollow of the tooth, previously saturating the wool with either of the following mixtures:—Take of tincture of cayenne, oil of cloves, and oil of summer savory, equal parts, and shake them well together; or take equal parts of tincture of cayenne and tincture of prickly ash berries, shaking them well together; or take the tincture of cayenne alone. Place a flannel bag to the same side of the face as the affected tooth is on, first filling the bag with hops or chamomile flowers wet with hot vinegar. Lean that side of the head on a hot brick, so as to keep the flannel warm. Place the feet in warm water, and drink freely of No. 3 composition tea.

If the toothache proceeds from a disordered stomach, give a dose of aperient powder No. 9, and repeat it for several nights; and if it is required, give an emetic,

(No. 13,) and adopt the other means recommended. Steam or foment the face with No. 90 fomentation.

## PALPITATION OF THE HEART.

ALTHOUGH this distressing affection is sometimes a symptom of organic disease, it generally arises from sympathy with a disordered stomach, nervous debility, hysterical affections, great anxiety, or too much mental exertion with insufficient bodily exercise.

*Treatment.*—The same as for indigestion. If it arises from sympathy with any of the above-mentioned causes, the course recommended for indigestion will most probably cure it. If it arises from organic disease, all that can be done is to mitigate the severity of the symptoms, and the treatment just recommended will be most likely to effect that object. The patient must carefully avoid all exciting causes, otherwise medicine will be of little avail.

## NIGHTMARE.

(INCUBUS.)

THIS generally arises from indigestion or flatulence, and occurs during sleep, when the individual is lying on his back. It is characterized by an anxious and fearful dream. Upon awaking, the individual should thoroughly arouse himself, and take a little cold brandy and water, or a tea spoonful of tincture of myrrh, No. 20, or any of the stimulants; and he should remain awake for a short

time, for if he falls asleep again immediately he is liable to another attack.

If an attack is feared, take a teacupful of cayenne and scullcap tea, or from three to five No. 50 pills, before going to bed; and a hot brick or bottle of hot water should be placed to the feet in bed. The individual should be particular in his diet, especially avoiding late suppers, and indigestible or flatulent articles of food; and he should take plenty of exercise in the open air during the day.

## WORMS.

THERE are many species of worms which exist in the human body, but those which are most usually found are the tape-worm, (*tenia*), the long round worm (*teres*), and the small white worm (*ascarides*).

The tape-worm sometimes attains an enormous length. It inhabits the upper part of the bowels, and sometimes the stomach. This worm may exist in the body for a great length of time, without causing any particular disturbance; but when it attains a great size, it generally produces more or less pain, a sense of weight and uneasiness in the abdomen, voracious appetite, nausea, and sometimes emaciation.

The long round worms may exist in any part of the intestines. They frequently produce a capricious appetite, pains in the stomach, and sometimes vomiting; grinding the teeth during sleep, picking of the nose, paleness round the mouth, swelling of the upper lip, hardness and fullness round the belly, a short, dry

cough, and emaciation of the body ; and in some instances they produce convulsions, epilepsy, and death.

The small white worm inhabits the rectum, and produces an itching and distressing sensation, particularly when the patient is in bed. It also produces pain in the bowels, pale looks, picking of the nose, and a variable appetite. The stools contain an unusual quantity of mucus or slimy matter.

In the treatment of worms and worm diseases, it must be borne in mind that very many of the symptoms which indicate their existence are also the symptoms of a disordered state of the stomach and bowels ; so that our first object must be to restore those organs to a healthy condition, and if any evidence then remains of the existence of worms, use some of the remedies that are likely to kill or expel them.

*Treatment.*—Give an emetic (No. 13), to cleanse the stomach, and repeat it about once a week. Give a dose of No. 1 composition first thing in the morning, a dose of No. 4 bitters half an hour before dinner, and a dose of No. 1 composition upon going to bed. Continue this for a week or two, and regulate the bowels with an occasional dose of aperient powder. For an adult, the course for indigestion will be advisable.

If there is evidence of the existence of worms after this course has been persevered in for several weeks, use any of the following preparations :—

I.—Take Carolina pink root (*Spigelia Marylandica*), Alexandrian senna, and manna, of each  $\frac{1}{2}$  oz. : bruise them, and add one pint of boiling water ; let it steep a short time, then strain, sweeten with treacle, and add a small quantity of milk. Dose, for a child four or five

years of age, a gill, to be given three or four times a day. If it does not purge, increase the dose.

II.—Take spirits of turpentine, in doses of from ten drops to a teaspoonful, sweetened with sugar and cream.

III.—Take the pods of cowhage, dip them in treacle, then with a knife scrape off the hairs and the treacle. When the mixture is of the consistence of honey, it is fit for use. Dose, for a child three or four years old, one teaspoonful, given fasting, for three or four mornings in succession. Then give a dose of the aperient powder No. 9, mixed with an equal quantity of table salt.

IV.—Ethereal oil of male fern root, from four drops to a teaspoonful, twice a day: or the pulverized root may be taken, from half a teaspoonful to two teaspoonfuls, in a little honey. The second day give a full dose of physic.

V.—Pulverized flowers and seeds of tansy, taken in treacle, night and morning.

VI.—Take of oil of wormseed, oil of olives, and castor oil, equal parts, and mix them well together. Dose, a teaspoonful, taken fasting. For the ascarides, or seat worms, give the following injection night and morning:—Take of bayberry, 1 oz., balmony,  $\frac{1}{2}$  oz., table salt, 1 oz., boiling water, 1 pint: allow it to steep one hour, then strain. Administer it just warm. For an adult, half a pint to the dose; for children less, in proportion to their age.

## R U P T U R E

### (HERNIA)

Is a protrusion of a portion of the intestines from the abdomen, forming a tumour or sac under the skin. It may take

place at various parts of the abdomen, but most usually it occurs at the groin, and inner part of the thigh. It is not a rupture, as the name implies, but a relaxation of the parts, which permits some portion of the abdomen to protrude and form a tumour. According to the simple or compound nature of the case, it is respectively called reducible, irreducible, or strangulated hernia. Among the causes of rupture, besides general weakness or debility of the system, are violent running, jumping, lifting heavy weights, or otherwise overstraining the body.

*Treatment.*—As soon as a rupture is discovered, it should be gently returned with the fingers, and the part supported by wearing a proper bandage or truss. Attention must be paid to the general health, and great care taken to select food that is easily digestible. In irreducible hernia, it is impossible to return the tumour, and yet it is not dangerous, so long as inflammation and swelling do not arise. The tumour must be supported in the best possible manner by a suspensory bag. Every precaution must be taken not to increase the difficulty, either by injuries, violent exercise, or inattention to the health. The bowels must be kept regular, and the diet must be light, and easy of digestion. Occasionally the protruded intestine becomes strangulated, in consequence of a stricture at the upper part or neck of the tumour, so that the pressure to which it is subjected stops the passage of the contents of the bowels, excites inflammation, and brings on a train of alarming and often fatal consequences. In the treatment of strangulated hernia, the great object must be to reduce the inflammation of the part, and to produce relaxation of the muscles of the abdomen. Give an injection of the following:—Upon



two teaspoonfuls of lobelia seed pour half a pint of hot water : steep for about ten minutes ; then strain, and add one or two tablespoonfuls of olive oil. Administer it just warm, and repeat it frequently. Give a vapour bath of the bitter decoction No. 110 ; let the patient drink small doses of warm boneset tea, and apply No. 59 poultice to the part. When the system is sufficiently relaxed, an attempt should be made to return the protruded bowel. It must be done very gradually, even if it should take two or three hours to do it, for if any violence is used it will probably do harm. In replacing it, the patient should lie upon his back, with his thighs bent upon his body, and his head and shoulders elevated, as this position is most favourable to a relaxation of the muscles of the abdomen. After the tumour is returned, the patient should wear a truss, to prevent a repetition of the symptoms. In most cases of hernia, the pile ointment (No. 81 to 83) is very useful, after the rupture is returned. It should be rubbed on the part twice a day.

## FALLING DOWN OF THE BOWELS.

(PROLAPSUS ANI.)

IN this complaint a portion of the intestine protrudes from the anus. It is generally caused by relaxation or debility of the part, piles or other tumours, the use of drastic purgatives, or violent straining at stool.

*Treatment.*—The first thing to be attended to is to return the protruded bowel, by simply pressing upon the part, lubricating the fingers well with oil. If the parts become swollen and inflamed, so that the intestine can-

not be replaced, use a wash of witch hazel leaves, and apply No. 59 poultice, continuing it until the protrusion can be returned. Wash the part with witch hazel tea at each renewal of the poultice. After it is returned, the patient should wear a bandage, and use the following injection night and morning:—Take of witch hazel leaves, meadow-fern burrs, and poplar bark, equal parts : make a strong tea ; put in a little slippery elm to make it mucilaginous, and strain it before using it. It should be administered about milk-warm. Attention should be paid to the diet, which should be light, nourishing, and easy of digestion.

### CRAMP IN THE LEGS AND FEET.

RUB the parts with some one of the stimulating compounds, as No. 17, 29, or 89.

Persons who are subject to cramp should sponge the body every morning with the stimulating liniment No. 89, and place a hot brick or a bottle of hot water to the feet every night when in bed. They should wear woollen stockings during the day, and keep the feet very clean, warm, and dry. In obstinate cases, a vapour bath about once a week will be very useful. Cramp is frequently connected with constipation of the bowels : in such cases the course must be adopted recommended for that complaint.

### ENLARGEMENT OF THE UVULA AND TONSILS.

ENLARGEMENT OF THE UVULA is commonly called falling of the palate. It consists of a relaxation of the palate

to such a degree that it falls upon the base of the tongue, and produces irritation, coughing, and an impediment to deglutition and speech. It is the effect either of general debility, long-continued irritation of the mouth and throat, or repeated colds.

*Treatment.*—The patient should drink freely of No. 1 composition tea, and gargle the throat frequently with the following decoction:—Take of bayberry, 1 oz., cranesbill,  $\frac{1}{2}$  oz., cayenne, 1 dr., boiling water, half-a-pint: steep two hours, and then strain it; to be used cold. Also apply the dry powder to the uvula. Put some of the powder in a spoon, place the spoon under the uvula, then raise the spoon so as to allow the uvula to come in contact with the powder, and become coated with it. Repeat it frequently, and pay attention to the general health.

*Chronic enlargement of the tonsils* is generally the consequence of previous inflammation.

*Treatment.*—Give a vapour bath and an emetic (No. 13) about once a week. After the bath, rub the body with the stimulating liniment. Give the antiscorbutic syrup No. 49 three or four times a day. Rub the neck night and morning with the rheumatic drops No. 29, and place a piece of flannel on the neck. Use the gargle recommended for enlargement of the uvula, and if that does not speedily reduce them, use the following:—Take of bayberry, bloodroot, and cayenne, equal parts: cover them with spirits to make a tincture; let it macerate for several days, occasionally shaking it; then strain it, and apply it to the tonsils with a soft camel-hair brush. Repeat it two or three times a day: also paint the tonsils once a day with a solution of carbonate of soda.

## PARTIAL DEAFNESS.

THIS may arise from paralysis or other diseased condition of the nerve of hearing; from relaxation or debility; from hardening of the wax of the ear, or from a deficiency of wax. It may also arise from violent colds affecting the head, or from inflammation or ulceration of the membrane.

*Treatment.*—If it arises from a paralyzed condition of the nerve of hearing, give No. 50 pills freely, syringe the ears night and morning with the antispasmodic tincture No. 28, and put a small piece of cotton wool in the ears, dipped in the following oil:—Take of oil of sassafras, 6 drops, olive oil,  $\frac{1}{2}$  oz. : shake them well together. After this has been done for a time, apply medical galvanism to the ears.

If it arises from hardened wax, syringe the ears night and morning with warm soapsuds, and afterwards with the antispasmodic tincture, and apply the oil as before.

If it results from a severe cold, adopt the treatment recommended for colds; and if the deafness continues, apply the oil as before directed.

## POLYPUS OF THE NOSE.

THIS is a fleshy excrescence growing from the lining membrane of the nose. It is generally caused by repeated colds.

*Treatment.*—Take the following snuff several times a day:—Take of bloodroot, bayberry, and black pepper,

equal parts, all finely pulverized and mixed together. If the polypus is so large as to obstruct the passage of air through the nose, the powder must be blown on the part through a quill

### GANGLION.

THIS is a small, hard tumour, unattended with pain. It is usually moveable beneath the skin. They occur most frequently in the hands and fingers, and always over a tendon.

*Treatment.*—Rub on it several times a day the tincture of cayenne No. 17, or the rheumatic drops No. 29. Bind a bandage over the tumour as tight as it can be conveniently borne; and it must be continued regularly and for a long time. The pressure upon the tumour, and the application of a stimulant, excites the absorbents to action, which may in time absorb away the whole substance of the tumour. If the tumour is of long standing, touch it with caustic potash until an eschar is formed; then poultice it with slippery elm mixed with yeast.

### CHILBLAINS

(PERNIO)

ARE caused by the stoppage of the blood in the part through extreme cold. They chiefly affect the feet and hands, and generally produce painful swellings, of a deep red or bluish colour, which are attended with intolerable itching, and when neglected they sometimes ulcerate.

*Treatment.*—When they first appear, the feet should be washed clean, and the parts well rubbed with No. 28, 29, or 89; after which rub on them No. 86 liniment, or healing salve. If there is much pain, or if they are ulcerated, poultice with No. 61, or a poultice composed of wheat bran, soft soap, and table salt.

Persons subject to chilblains should carefully avoid exposure to wet or cold; and on the approach of winter, they should wear woollen gloves and stockings, and not expose the hands and feet too suddenly to the fire when they are cold.

## BRUISES.

THE dark or purple colour which the part assumes, is owing to the escape of blood from the minute or capillary vessels into the surrounding tissue.

*Treatment.*—Bathe the part with No. 20; then apply a piece of lint or soft linen, folded several times, and wet in cold water; over this place a piece of gutta-percha cloth, or a piece of oiled silk, to keep the part moist. Or apply the following:—Take chamomile flowers, wormwood, tansy, featherfew, any or all of them; simmer them a few minutes in vinegar, or saturate them with tincture of myrrh, and apply to the part as a poultice; cover it with gutta-percha cloth or oiled silk to keep it moist.

For *Sprains* adopt the same treatment. If it is a very severe sprain, steam the part, and then apply the poultice of bitter herbs.



## BURNS AND SCALDS.

THE principal object to be effected in these cases is to shield the part from the action of the atmosphere. For this purpose any of the following applications may be used.

If the skin remains unbroken, apply to the part, immediately the accident happens, a cloth or towel several times folded, and wet with cold water. It should be wetted frequently with cold water, until the pain ceases. Or cover the part with No. 86 or 87 liniment. If the skin is broken, apply No. 59 poultice, and cover the face of it with olive oil. Or cover the part with No. 87 liniment, or with tea leaves well soaked. Or take equal parts of soot and fresh lard, mix them well together, spread the mixture upon a piece of linen, and apply it to the part.

If the burn or scald is severe, give No. 30 composition tea freely, to favour perspiration. Should the patient suffer from costiveness, give a dose of the aperient powder, and if the stomach is much deranged, give a mild emetic (No. 13).

## WOUNDS.

IN treating a simple wound, the first thing to be done is to arrest the bleeding, which may in general be accomplished by making a steady and continued pressure upon the wounded part with a sponge, or a pad of folded linen. If an artery is wounded, the blood flows rapidly, in jets, corresponding with the contractions of the heart, and it

is of a red or florid colour. If a vein is wounded, the bleeding is slower, and the blood is of a darker colour. In checking the flow of blood from an artery, the pressure must be made on that side the wound nearest the heart ; but if from a vein, the pressure must be made on the other side ; for in the arteries the blood has an outward direction, while in the veins it always moves towards the heart. The bleeding from a slight wound may be easily arrested by applying gum kino, either in fine powder or strong tincture.

After the bleeding is stopped, the part should be washed clean, and wetted with tincture of myrrh, and the edges of the wound brought together and secured with strips of adhesive plaster, leaving sufficient spaces between the strips to allow the escape of blood and serum from the wound. Cover the plaster with a bandage. If the wound becomes hot and painful, wet the bandage occasionally with cold water. The dressing must not be removed too soon, or it will hinder the cure. If the wound appears inclined to suppurate, remove the plaster, and apply the No. 59 poultice until all the matter is discharged ; then apply the healing salve. If the general health is affected, constitutional treatment must be adopted, for the healing of a wound very much depends upon the condition of the general health.

If the wound is produced by a pointed instrument, pour into the wound a little of the compound tincture of myrrh, No. 20, and apply the No. 61 poultice. If it is a severe wound, especially of the hand or foot, the patient should take freely of the No. 50 pills, and a dose of aperient powder occasionally ; and he should avoid exposure to cold and damp. Points of needles are sometimes broken

off in the flesh : if there is a difficulty in finding them, apply a poultice (No. 61), and keep the part at rest until matter is formed around the needle, when it may be seen, and easily removed.

## BONE-SETTING.

THE simple and efficient means of setting bones, by relaxing the muscles, according to the reformed practice, forms a striking contrast to the barbarous tortures of the regular faculty, with all their horrid implements—saws, pulleys, ropes, &c., &c.

As soon as possible after a bone is dislocated or broken, adopt the following treatment :—Wrap the part for some distance above and below where it is injured in cloths of several thicknesses, wet with hot water, and then pour water upon them as hot as it can be borne, for fifteen or twenty minutes, and at the same time give the patient the following tea to drink :—Take of cayenne,  $\frac{1}{2}$  teaspoonful, valerian, 1 teaspoonful, lobelia  $\frac{1}{4}$  teaspoonful : pour upon them a pint of boiling water ; let it stand for a few minutes, then strain it, and let the patient drink the whole of it, warm, during the time that the water is being poured on the cloths. When the water has been poured upon the part about twenty minutes, remove the cloths, and the bone or bones may be easily pushed into place without pain or damage. When properly set, replace the cloths on the part, and pour cold water upon them, so as to contract the muscles again, to keep the bone in its place. In very difficult cases, it will be

requisite to administer a vapour bath and No. 14 emetic before the muscles will relax sufficiently ; or the lobelia may be given in the form of an injection instead of an emetic. In cases of broken bones, the part must be bound with splints after it is set, and kept at rest for some time.

### GATHERED BREASTS.—INFLAMMATION IN THE BREAST.

THIS arises from cold, or other causes which obstruct the flow of milk.

*Treatment.*—The breasts should be drawn frequently. Foment them night and morning with No. 90 fomentation, and apply No. 61 poultice, renewing it until all the pain and swelling are gone ; and the patient should drink freely of No. 3 composition tea. If the breasts are neglected, suppuration may take place. It is generally attended with throbbing pain in the part, and a bluish appearance in the skin covering the swelling ; in such a case, poultice with the No. 61 poultice until the abscess breaks, then use No. 59 poultice, putting a teaspoonful of bayberry powder in each poultice. Renew the poultice every twelve hours, until all the matter is discharged, when the parts may be dressed with healing salve, and moderate pressure applied by a compress and bandage, to favour the union of the sides of the cavity, which should be gently syringed night and morning with an infusion of bayberry or wild cherry bark, with a little tincture of myrrh in it.

RETENTION OF THE MENSES—GREEN  
SICKNESS.

(CHLOROSIS.)

WHEN the monthly evacuation does not appear at the proper period of life, the constitution becomes very much disordered. The symptoms which characterize this malady are, debility and great disorder of the stomach and bowels; the mucous membrane of the stomach and bowels becomes coated with thickened secretions, forming a false membrane; digestion, assimilation, and nutrition are imperfectly performed; every organ of the body is in a torpid condition; the secretions are diminished; there is a sallowness of the countenance, and in some instances it is of a greenish tinge, which has given to the disease the name of green sickness. There are generally pains in the back and loins, swelling of the ancles at night and of the face in the morning, palpitation of the heart, hurried or laborious breathing, disturbed sleep, derangement of the nervous system, and sometimes a harassing cough.

It would appear that these symptoms are not entirely dependant upon a retention of the menses, but that they are symptomatic of great constitutional debility, which at this peculiar period of life manifests itself, more especially in the inability of the constitution to bring about that change in the system which is required; although all the symptoms are, of course, aggravated by the re-action upon the system generally caused by the retention of this natural discharge.

Those are most liable to it who live an idle and luxurious life, and do not enjoy the advantages of exercise in the open air.

It is in general a complicated disorder, and is by no means free from danger, as it not unfrequently terminates in consumption or some other fatal disease.

*Treatment.*—The treatment must be directed to the improvement of the constitution, as all local disorders are then more likely to give way.

Give a vapour bath of bitter decoction No. 110, after which rub the body well with a towel wet with the stimulating liniment No. 89. Let the patient go to bed immediately, and place a hot brick or a bottle of hot water, wrapped in a cloth wet with vinegar and water, to her feet; then give an emetic (No. 13). These should be repeated about once a week. Give the females' bitters No. 7 daily; also the No. 51 pills; and if the bowels are costive, regulate them as directed for costiveness.

The patient should keep her feet warm and dry, and avoid exposure to a cold and damp atmosphere, but must take plenty of exercise in the open air when the weather is favourable. The body should be sponged every morning with cold water and salt, or well rubbed with a towel wet with the stimulating liniment No. 89. The food must be light and nourishing, avoiding fat meat, ch $\acute{e}$ ese, all oily substances, green tea or strong coffee, and all indigestible substances.

Emmenagogues, or forcing medicines, should not be used to bring on the menses, except there is a struggle or effort of nature to effect it, which may be



known by the periodical pains pressing down about the hips and loins. When this occurs, let the patient drink freely of the following mixture:—Take of motherwort, a handful; pennyroyal, a handful; black cohosh root,  $\frac{1}{4}$  oz.; juniper berries,  $\frac{1}{2}$  oz.; crawley root, 1 dr.; prickly ash berries,  $\frac{1}{2}$  oz.; pour upon them three half-pints of boiling water; cover it, and let it steep two or three hours. Dose, a wine glassful, four or five times a day.

In obstinate cases, it will be needful to give the hip vapour bath, of bitter decoction No. 110, every day; also a stimulating injection night and morning.

## OBSTRUCTED MENSTRUATION.

(AMENORRHEA.)

THIS is frequently caused by exposure to cold during the menstrual period or immediately preceding the time of its occurrence. It may also be occasioned by excessive anxiety of mind, fear, inactivity of the body, or general debility of the system. If the suppression continues beyond two or three periods, the health generally becomes more or less impaired, as in retention of the menses; and bleeding from the lungs or some other organ is liable to occur.

*Treatment.*—If the suppression arises from cold, give No. 3 composition tea freely, and when the patient is in bed, place hot bricks or bottles of hot water to her feet and sides, wrapping the bricks or bottles in cloths wet with vinegar and water. If this does not produce perspiration, give a vapour bath, and continue

the free use of No. 3 composition tea. When the periodical pains occur, give the mixture recommended for chlorosis, and administer the hip vapour bath of bitter decoction No. 110 every night and morning: continue the steaming for about half-an-hour. If the case is obstinate, or of long standing, adopt the treatment recommended for chlorosis.

## PAINFUL MENSTRUATION.

### (DYSMENORRHEA.)

THIS complaint is generally caused by cold, which produces a weak action of the vessels of the uterus, or spasm of its extreme vessels.

*Treatment.*—Give the mixture recommended for chlorosis; wash the feet in warm water, and administer the hip vapour bath of bitter decoction No. 110, and continue the steaming for about half an hour: it may be repeated two or three times during the day, if required. The patient had better go to bed. Place hot bricks or bottles of hot water to the feet and sides, and wrap the bricks or bottles in cloths wet with vinegar and water. If the pain continues, take the bitter herbs from the decoction, and whilst hot place them in a flannel bag and apply it to the lower part of the abdomen, changing it as often as it becomes cold.

Between the periods, it will be advisable to adopt constitutional treatment. Give a vapour bath and emetic, as recommended for chlorosis; also the bitters and pills. Regulate the bowels, if costive, as directed

for costiveness. Attention should be paid to the diet, and the body should be sponged with cold water and salt every morning, or well rubbed with a towel wet with stimulating liniment No. 89; and the patient must take plenty of exercise in the open air.

## PROFUSE MENSTRUATION.

(MENORRHAGIA.)

THIS sometimes occurs from a fulness of habit, but most usually it results from a general debility and relaxation, with a determination of blood to the womb. The discharge may be profuse and of short duration, or it may continue more moderately for ten or twelve days, gradually exhausting the patient; or it may return every two or three weeks. If the discharge is considerable, extreme debility ensues, with headache, giddiness, feeble pulse, pale countenance, cold hands and feet, and frequently a tendency to dropsy.

*Treatment.*—At the time of the discharge, put the feet in warm water, and give the following:—Take witch hazel leaves, cranesbill, beth root, and prickly ash berries, of each, 1 oz. : pour upon them three half-pints of boiling water; cover it, and allow it to steep about an hour. Dose, a teacupful; to be repeated frequently, and given cold. If the discharge is very considerable, administer No. 101 injection. After the urgent symptoms are subdued, continue to give the mixture for some time; also give the bitters No. 7 three times a day, and two cayenne pills after each meal.

## FLUOR ALBUS, OR WHITES.

(LEUCORRHEA.)

THIS is characterized by a morbid secretion and discharge of mucous matter from the vagina, of a white or milky colour. As the disease advances, the discharge assumes a yellow, green, or brownish colour. This complaint is generally attended with constitutional disturbance, as loss of appetite, costiveness, depression of spirits, pains in the back and loins, loss of strength, and a scalding sensation in passing water. It generally arises from constitutional relaxation and debility, attended with morbid irritation of the vagina.

It is stated that in some cases the discharge is so acrid as to produce symptoms in the husband similar to the venereal disease, causing excoriations about the penis, and a discharge from the urethra.

*Treatment.*—Give a vapour bath and an emetic once a week, as directed for chlorosis, observing the directions there given respecting diet, exercise, &c. Give the No. 7 bitters three or four times a day, and one or other of the antiscorbutic syrups. For the pain in the back and loins, rub the part night and morning with any of the stimulating compounds, or wear a strengthening plaster (No. 97). Also administer injections into the vagina two or three times a day. These are very important remedies, as they go direct to the part affected. They should be employed at first about milk-warm, and used gradually colder until they can be borne quite cold. For a cleansing injection, use a solution of Castile soap; after which use the following tonic injection :—Take of

witch hazel leaves, yarrow blossoms, and unicorn root, equal parts, and make a strong tea of them ; or use an infusion of the No. 7 bitters. If the discharge is very acrid, inject first a solution of carbonate of soda, and then the tonic mixture. If the discharge is very fetid, use the following:—Take equal parts of new milk and fresh yeast : to every half-pint add a teaspoonful of pulverized charcoal. After this use the tonic injection, as before.

# MATERIA MEDICA.

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## STIMULANTS

ARE substances capable of increasing the action or energy of the living body. Pure diffusible stimulants act in harmony with the laws of life. They produce a uniform action and reaction, and leave the part neither relaxed nor contracted. Those of a proper kind are not only useful, but indispensable in the treatment of many forms of disease. There are many stimulating substances which are not proper to use, as they contain acrid, narcotic, or other poisonous qualities. The following articles are pure, healthy stimulants, which act in harmony with the living intention, without any narcotic effect.

### CAYENNE, OR AFRICAN PEPPER.

(CAPSICUM BACCATUM.)

THIS is a pure and permanent stimulant, producing alternate relaxation and contraction, and thus excites the organs of the body to action, without exhausting their power too suddenly, or depriving them of the power of reaction. Its direct effect upon the system is to raise and support vital action. It restores a natural warmth to the body, by promoting the circulation of the blood to the remotest parts, and thereby also increases the secretions. It never destroys the



power, capability, or fitness of the organs of the body for vital action, but rather renders them more susceptible to that action. It possesses an extremely pungent taste, which continues for a considerable length of time, but its effects upon the mouth and throat are very beneficial, for it stimulates the glands to secrete the saliva freely, which leaves the mouth clean and moist. If the stomach is very empty, it should be taken in small quantities, or a portion of food taken with it, or it may occasion pain and distress, from the sudden stimulation; but the pain is not attended with danger, and it will pass away again; or it may be relieved immediately by taking a draught of milk or cream. Its properties are imparted to water or alcohol, but more completely to the latter. When it is necessary to produce an immediate effect upon the system, the cayenne should be scalded, or taken in tincture, as it is then more active and diffusible. In a sudden cold, or in debility, indigestion, costiveness, cold hands and feet, cayenne is an excellent remedy. A teaspoonful, with an equal quantity of salt, put into a gill of vinegar, makes a very good sauce to be eaten with meat; it assists the appetite, by stimulating the stomach to action.

Applied externally, cayenne is a powerful rubefacient, and very useful in chronic rheumatism and in low forms of disease, where stimulant impressions upon the surface are demanded. It acts speedily, without any danger of blistering. It should never be employed, however, in cases of acute inflammation of the surface of the body.

Pepper poultices are very useful for chronic rheumatism, cold abscesses, white swellings, hip disease, diseases

of the spine, and in all cases where it is necessary to produce direct stimulation.

Cayenne pepper is sometimes very much adulterated. If it is not pure, it is likely to do more harm than good.

## GINGER

(ZINGIBER OFFICINALE)

Is a useful stimulant and carminative. It is generally grateful to the stomach, and is useful in flatulency, colic pains, and a cold, languid state of the system. It is an excellent addition to bitter infusions and tonic powders. It should never be boiled, as that impairs its strength, and dissipates its aromatic flavour.

Race is the term applied to ginger in the root, to distinguish it from that which is ground. The race ginger is generally much stronger than the ground ginger, as the latter is often adulterated, and frequently prepared from such roots as are worm-eaten and unsaleable.

## PRICKLY ASH.

(ZANTHOXYLUM FRAXINEUM.)—*Bark and Seed-vessels.*

THE seed-vessels have an aromatic taste, and on being chewed for some time, produce a burning sensation in the mouth. The bark is also pungent, but in an inferior degree, and has a slightly bitter taste. Prickly ash is a very useful stimulant and diaphoretic, and is an excellent substitute for cayenne. It warms and invigorates the stomach, and promotes the circulation of the blood. It is an approved remedy in ague, rheumatism, pains in the stomach and bowels, colic, cramps, dyspepsia, venereal complaints, fluor albus, and weakness of the urinary

organs, drowsiness, cold hands and feet, and all affections dependent on a sluggish circulation. Dose of the powder, half a teaspoonful, two or three times a day.

## BLACK PEPPER

(PIPER NIGRUM)

Is stimulant, and slightly astringent. It may be used as a substitute for cayenne, but is much less active. It is useful in flatulency, indigestion, nausea, and want of appetite. It is very useful in the exhausting diarrhœa accompanying scarlet and typhus fever, by steeping a teaspoonful in a teacupful of hot water: the whole to be taken as a dose, and repeated every two hours. Black pepper boiled in milk is a very useful remedy in diarrhœa, dysentery, colic pains, cramps, &c.

White pepper is nothing more than the berries deprived of their outer covering. By this process, however, they are deprived of some of the flavour and strength of the pepper.

CLOVES, CINNAMON, NUTMEG, and other spices, are stimulants, though inferior to those already mentioned; but they are very useful in flavouring medicines.

## ANISE SEEDS

(PIMPINELLA ANISUM)

ARE stimulant, carminative, and pectoral, and are very useful in dyspepsia and flatulent colic, and in the flatulent affections of children. They remove griping pains in the bowels, and make a useful substitute for cayenne, in medicines for infants.

## CARAWAY SEEDS

(CARUM CARUI)

ARE stimulant and carminative, and are useful for the same purposes as the anise seeds.

## PENNYROYAL.

(HEDEOMO PALEGIoidES.)—*The Herb.*

THIS is stimulant, diaphoretic, and carminative. Its active properties reside in a volatile oil, which may be procured by distillation. The infusion is warming and grateful to the stomach, and is useful in allaying sickness. It also relieves spasms, hysterics, flatulency, and colic, and promotes expectoration in consumptive coughs. It is very useful to promote perspiration. It is a popular remedy for female complaints, especially suppression of the menses, arising from obstructed perspiration. Colby says, "This plant, simple as it is, will do more in the curing of the sick than all the poisonous preparations invented since the days of Paracelsus—bleeding and blistering into the bargain."

## PEPPERMINT.

(MENTHA PIPERITA.)—*The Herb.*

THIS is stimulant, diaphoretic, antispasmodic, and anti-emetic. Its stimulating property is very volatile, producing in the mouth a remarkable sensation of coolness. It is useful in flatulency, pains in the stomach and bowels, and in spasmodic vomiting. A very convenient form for administering it to children is to pour a few drops of the essence upon a little sugar.

## SUMMER SAVORY.

(SATUREJA HORTENSIS.)—*The Herb.*

THIS is stimulant, carminative, and diaphoretic. Its active properties reside in a volatile oil. The infusion warms and invigorates the stomach, promotes perspiration, and if taken freely will usually arrest a sudden cold or slight febrile attack.

## CANADA SNAKEROOT.

(ASARUM CANADENSE.)

THIS root is stimulant, tonic, diaphoretic, and also diuretic. It has a strong, fragrant odour, and an aromatic, pungent, and slightly bitter taste. It is useful in flatulency, and pains in the stomach and bowels. It is also useful in measles and other cutaneous affections. Its virtues are but imperfectly extracted by water, and it should therefore be taken in tincture or substance.

## VIRGINIA SNAKEROOT

(SERPENTARIA VIRGINIANA)

Is stimulant, tonic, diaphoretic, and diuretic. It may be employed with benefit in fevers, and in a variety of diseases, when the usual tonics irritate the stomach. It is sometimes employed in dyspepsia. It is also useful as a gargle in malignant sore throat.

## ASTRINGENTS.

ASTRINGENTS are substances which contract the muscular tissue, or make it more firm and dense. On being chewed, they communicate a sense of roughness to the

tongue and palate; and those are the most wholesome which will excite the secretion of saliva and leave the mouth clean and moist. They cleanse the inner or mucous coat of the stomach and bowels, by combining with its vitiated secretions and carrying them out of the body. They are very serviceable taken previously to emetics, as they detach the accumulated mucus from the lining of the stomach. They are very important remedies in all cases of relaxation, as diarrhoea, hemorrhage, falling of the womb, bowels, or palate.

Astringent teas are very useful as a wash for sores. They are cleansing, and induce a healthy action in the part.

Astringent tea should not be drunk at the same time that any jelly or gelatinous substance is taken, as the tannin of the astringent would combine with the gelatine, and form a solid, indigestible mass.

### BAYBERRY.

(MYRICA CERIFERA.)—*Bark of the root.*

It is astringent and stimulant, and is decidedly the most valuable astringent or cleansing medicine ever discovered. It produces a stimulating effect, so that it not only combines with the vitiated secretions, but also stimulates the part to more healthy action. For this reason it is an invaluable medicine for removing the canker or adhesive matter from the mucous membrane of the stomach and bowels. It is very useful as a gargle in putrid or ulcerated sore throats. In all cases of cold clamminess, where there is much morbid matter in the system, it may be given in connexion with cayenne, as strong and as freely as may be thought proper. It is also an excel-



lent remedy for bowel complaints. It is alterative in its operation, as it produces a complete change in the secretions. It is also detergent, having a tendency to clean foul ulcers and old sores, and is a most sovereign remedy in scrofulous ulceration, applied in the form of poultice, and the infusion drunk freely at the same time. Scented with a fragrant oil, it forms a snuff which is very useful in some cases of headache.

### BLACKBERRY ROOT.

(*RUBUS VILLOSUS*.)—*Bark of the root.*

THIS is a very useful astringent and tonic, and may be used as a substitute for bayberry, when that cannot be obtained. Formed into a syrup, it is an excellent remedy for chronic diarrhoea, dysentery, and all bowel disorders.

### SUMACH LEAVES AND BERRIES.

THESE possess astringent and diuretic properties. The bark of the root acts as a mild cathartic, and is a very valuable remedy, in the form of a poultice, for old ulcers. The berries have a pleasantly acid taste, and the tea, sweetened with honey, is very useful in strangury and bowel complaints. It makes an excellent drink for fevers, &c. It is also a useful gargle for sore throat, and makes an excellent external application for ringworms, tetter, and other cutaneous diseases. It is a useful wash for offensive sores, rendering them white and clean.

The powder of the berries, when mixed with bayberry, in the proportion of 1 oz. of sumach to 4 oz. of bayberry,

forms a better astringent and detergent for some purposes than either of them alone. The bark of the root is considered almost a specific in sore throat attending mercurial salivation.

### WITCH HAZEL.

(HAMAMELIS VIRGINICA.)—*The Leaves.*

THESE are astringent and tonic, and, being devoid of pungency, may often be used where the preceding articles would be objectionable, as in washing very irritable sores, &c. It is the most certain of the astringents for stopping hemorrhage from any part of the body. A strong decoction is useful as an injection for piles, fluor albus, chronic diarrhœa, and falling of the womb or anus. It makes a very useful poultice for ulcers, painful tumours, piles, &c. The pulverized leaves make an excellent snuff for bleeding of the nose.

### WILD RED RASPBERRY LEAVES.

(RUBUS STRIGOSIS.)

THESE are mildly astringent, and form an excellent substitute for China tea. A strong infusion, with the addition of a little slippery elm, is an excellent remedy in the bowel complaints of children. Sweetened with milk, it is also very useful to prevent sore mouths in infants. A strong tea, with a little cayenne or ginger, and some valerian root, is a valuable medicine for women in labour, quieting the pains if untimely, and rendering them more efficient if labour has really commenced. An infusion of these leaves makes a soothing and cleansing wash for ulcers, scalds, burns,

and all excoriated surfaces which are very sore and irritable.

## WHITE POND LILY ROOT

(*NYMPHŒA ODORATA*)

Is astringent, with a slight degree of bitterness. It is useful in bowel complaints, and other diseases requiring an astringent. A strong tea is an excellent wash for cleansing old sores, and also as a gargle in putrid or ulcerated sore throat. It also forms a valuable lotion for sore or inflamed eyes. It makes a very useful injection in gleet, fluor albus, &c.

## TORMENTIL ROOT.

(*TORMENTILLA ERECTA*.)

THIS is a very useful astringent in all cases of bowel complaints, as cholera, relaxation, and even diarrhœa attendant upon consumption. It also makes an excellent wash for ulcers and old sores that are in a relaxed condition.

## CRANESBILL.

(*GERANIUM MACULATUM*.)—*The Root.*

THIS possesses very considerable astringent qualities. Combined with beth root, it is an excellent remedy for flooding and whites. A strong decoction of cranesbill is useful as an injection in chronic gonorrhœa and gleet. The extract is a valuable remedy in piles

## OAK BARK, GALLS, AND ACORNS,

ALL possess considerable astringent qualities, but should always be combined with a stimulant, for internal use.

## E V A N R O O T .

(GEUM RIVALE.)

CALLED also chocolate root, bennet, and cure-all. It is moderately astringent. It is useful in diarrhœa, dysentery, and bowel complaints generally ; and if used freely will not constipate the bowels. It makes a useful gargle for ulcerated sore throat.

## MARSH ROSEMARY

(STATICE LIMONIUM)—*The Root*—

Is a powerful astringent. It is used chiefly for ulcerated sores in the mouth and throat ; it also makes a very soothing ointment for piles.

## BETH ROOT

(TRILLIUM LATIFOLIUM)

Is astringent, tonic, and antiseptic. It is very useful for internal hemorrhage, fluor albus, hectic fever, coughs, asthma, and difficulty of breathing. It also forms a very useful poultice, combined with bloodroot, for tumours, indolent and putrid ulcers, carbuncles, and mortifications.

## YELLOW DOCK ROOT.

(RUMEX CRISPUS.)

THIS root is moderately astringent, and somewhat purgative. It is very useful, in connexion with other alteratives, to eradicate scrofulous taints of the system. It is also useful for tetter, itch, and other cutaneous eruptions, and an ointment or tincture of the root should be applied to the eruption at the same time.

A poultice of the bruised roots is useful for indolent swellings.

## GUM KINO

Is very astringent, and is used chiefly as a styptic, or a remedy to arrest the flow of blood from wounded vessels of the surface of the body. Either the powder or tincture may be employed. Applied to any slight wound it speedily arrests the flow of blood, by contracting the fibre, and so closing the mouths of the bleeding vessels.

## TONICS.

THESE are medicinal substances which increase the tone or contractility of the muscular fibre, and thereby strengthen the whole body. They are generally bitter, but there are bitter substances which are devoid of tonic properties; a bitter substance may also be objectionable, as a tonic, on account of some narcotic or purgative pro-

perty it may contain. Tonics are used in loss of appetite, and general weakness or debility. In severe acute disorders, as fevers and inflammations, they should not be employed until the disease is subdued; if they are used during the active stages of disease, they have a tendency to arrest the secretions. But in chronic diseases they may be used freely, provided that the secretions have been restored by the use of pure stimulants, and the stomach and bowels cleansed of canker by the use of astringent and detergent medicine. In all cases of large abscesses that are secreting matter freely, bitters should be used in combination with stimulants, with a view to promote digestion, and furnish the system with the necessary strength to carry on its operations.

Tonics are rendered more beneficial by combining with them a portion of stimulant.

As a general rule it is better to take all bitter teas cold. Tonics are found to be more effectual by occasionally substituting one article for another, or by frequently changing the compound. They should not be employed after the appetite is sufficiently restored.

## WHITE POPLAR BARK

Is tonic, diuretic, and somewhat stimulant. It is an excellent remedy for debility, indigestion, consumption, liver complaint, diarrhœa, worms, and an impure state of the blood. It possesses superior diuretic properties, and is particularly useful in gonorrhœa, gleet, strangury, obstructed urine, and other diseases of the urinary organs. There is not a more certain, speedy, and effec-



tual remedy in hysterics than this bark, if properly administered. It acts as an universal tonic, restores the tone of the different organs of the body, produces a healthy action of the liver, creates an appetite, and gives strength and vigour to the whole system.

For the aged and infirm, when the vital energy is fast declining, and nature needs the assistance of a medicine that will support the system, this article will serve the purpose, so long as the digestive powers can be braced up to support the body.

This bark may be made into an extract, which is decidedly the best way of administering it. It is quite equal if not superior to quinine, and possesses none of the objectionable properties of that expensive drug.

### GOLDEN SEAL

(HYDRASTIS CANADENSIS)—*The Root*—

Is tonic and laxative. It is an excellent medicine in dyspepsia, loss of appetite, general debility, and affections of the liver. A strong decoction of this root makes an excellent lotion for sore eyes and old sores.

### GUM MYRRH.

(BALSAMODENDRON MYRRHA.)

MYRRH is a tonic and stimulant, and possesses very considerable antiseptic properties. It is very useful in diminished appetite, to give tone to the stomach and bowels. It is also useful in asthma, coughs, chronic

catarrh, in pulmonary consumption, and other affections of the lungs, when the secretion of mucus is abundant, but too morbid to be easily expectorated ; also for diarrhœa and dysentery. It is employed as a remedy to regulate the periodical turns of females, when the system is in a debilitated state, and free from fever. It is also used for sore mouths, spongy or unhealthy gums, offensive breath, and all cases of putrescency or tendency to mortification, and is applied with decided benefit to wounds, eruptions, old sores, bruises, &c.

Its virtues are but imperfectly extracted by water ; it is therefore mostly used in the form of tincture.

### BALMONY

(CHELONE GLABRA)—*The Herb*—

Is tonic and laxative, and may be employed as a general tonic, either singly, or in combination with other bitters. It is useful in costiveness, dyspepsia, loss of appetite, and general debility. It is a valuable medicine in disorders of the liver, and for worms in children.

### CENTAURY

(CHIRONIA ANGULARIS)—*The Herb*—

Is a pure bitter, and forms an excellent though mild tonic, and is admissible where other tonics would not answer the purpose. It is a very serviceable remedy in debility of the digestive organs, and in various dyspeptic affections. It is also used in ague and fever. It strengthens the stomach, creates an appetite, and is very useful in obstructions of the liver and spleen.

## TANSY

(TANACETUM VULGARE)—*The Herb*—

Is tonic, and moderately stimulant. The infusion is useful in nausea, indigestion, hysteria, suppression of the menses, strangury, weakness of the kidneys, and in dropsy. It is also very useful to regulate labour pains. It is very useful for worm complaints of children. The green leaves, bruised and warmed, are an excellent application for sprains, bruises, and swellings; it allays the pain, and diminishes the swelling.

## DANDELION ROOT

(LEONTODON TARAXACUM)

Is tonic, diuretic, and laxative. It operates specifically upon the liver and kidneys, exciting them to action when in a languid condition through debility. It is useful in chronic inflammation of the liver and spleen; in cases of deficient biliary secretions; in dropsical affections of the abdominal viscera; in jaundice, hypochondriasis, urinary obstructions, costiveness, and nervous debility.

The only preparation of dandelion which can be relied upon, is the expressed juice, prepared in the following manner:—Take up a quantity of the roots in August or September: after being well cleansed, bruise them in a mortar, and express the juice by pressure; strain it, and pour it into plates or shallow dishes, and place them in a suitable room to evaporate, until the liquor becomes of a

solid consistence. If the atmosphere is damp, it will be necessary to put a fire in the room, for the air in the room must be dry, in order to abstract the moisture of the juice. The dose is from a scruple to a drachm, three times a day.

### BOGBEAN

(MENYANTHE TRIFOLIATA)—*The Herb*—

Is a very good tonic, and is useful in debility and irritability of the stomach, and weakness of the bowels. It may be used alone, or in combination with other bitters, in cases of indigestion and general weakness.

### UNICORN ROOT

(HELONIAS DIOICIA)

Is an excellent tonic, and is beneficial in stomach complaints, loss of appetite, torpid liver, pains in the side or breast; also for coughs depending upon gastric irritation. It is a valuable tonic for female weakness, and nervous disorders.

### WORMWOOD

(ARTEMISIA ABSINTHIUM)—*The Herb*—

Is a tonic, but nauseous, and exceedingly bitter. It is used in cases of general debility and feeble digestion; it is also useful for worm complaints. The green herb,

bruised, or the tincture of the dry herb, is an excellent application for sprains and bruises. It allays the pain, and prevents swelling and discolouration.

### BARBERRY BARK

(BERBERIS VULGARIS)

Is tonic and laxative: taken in large doses, it operates as a mild purgative. It is a very useful remedy in jaundice: it regulates the digestive powers and removes costiveness. The berries are pleasantly acid, and moderately astringent: a syrup made from them makes a very pleasant cooling drink for patients in inflammatory fever, in bilious fluxes, and in most cases where acrimony, heat, and putridity of the humours preponderate.

### YELLOWROOT BARK

(ZANTHORRIZA APIIFOLIA)

Is tonic, stimulant, and diuretic. It is an excellent remedy in dyspepsia, torpor of the liver, and all impure conditions of the system; it restores the appetite gradually, without producing a craving sensation of hunger. If the stomach is very irritable, it is better mixed with a little slippery elm. The infusion makes an excellent lotion for weak or sore eyes.

### GENTIAN

(GENTIANA LUTEA)—*The Root*—

Is a valuable tonic, and may be safely employed when a tonic is required, being very light. It is well adapted for female complaints arising from debility.

## COLUMBA

(MENISPERMUM PALMATUM)—*The Root*—

Is a mild and useful tonic, and may be employed either alone or in combination with other tonics.

## GOLD THREAD

(COPTIS TRIFOLIA)—*The Root*—

Is tonic, and very useful in debility, loss of appetite, and convalescence from fevers. It also makes a very useful gargle in ulceration of the throat.

## NERVINES.

NERVINES are medicines which calm and quiet the nerves when they are too much excited, and at the same time give tone and energy to them, without impairing their true sensibility. There are many diseases in which they may be employed with great advantage, as in spasmodic pains of the stomach and bowels, gravelly complaints, strangury, hysteria, restlessness and irritability, inability to sleep, and nervous pains and affections.

They are essentially different in their operation from narcotics, as they merely compose or tranquillize the nerves, without destroying their sensibility, or rendering the patient dull or stupid. Nervines may be added with benefit to injections, in all bowel complaints and nervous diseases.



## WILD VALERIAN.

(VALERIANA OFFICINALIS.)—*The Root.*

THIS is an excellent nervine, an innocent remedy, destitute of narcotic properties, and may therefore be used in all cases of nervous irritability. It is an excellent remedy in all spasmodic, nervous, or hysteric affections; tremors, restlessness, and fevers; having the effect of quieting the nerves, allaying pain, and promoting sleep. It is very useful in many cases of debility. The infusion of this root must not be boiled, as that impairs its medicinal virtue.

## SCULLCAP.

(SCUTELLARIA LATERIFLORA.)—*The Herb.*

THIS is an excellent nervine: it is also tonic and antispasmodic. It is particularly useful in St. Vitus's dance, convulsions, locked jaw, tremors, ague and fever, tic-doloureux, and all nervous affections. It is an excellent remedy for hydrophobia, delirium, and delirium tremens. It is also a very good thing to give children whose health is impaired from the effects of teething.

## HOPS.

THIS is a useful nervine. The extract or the pollen of hops, made into pills with the extract of poplar bark, is an excellent remedy in protracted fevers, delirium tre-

mens, ague, and all diseased conditions of the body attended with nervous debility. Hops boiled in vinegar and water makes an excellent fomentation.

## ASSAFŒTIDA

Is a nervine and antispasmodic. It is useful to allay nervous irritability, relieve spasms, hysteria, cramp, and convulsions.

## EMETICS.

EMETICS are medicines which are used to evacuate or empty the stomach by vomiting. They are of very great importance in the treatment of many diseases, there being such an intimate sympathy existing between the stomach and every other part of the body: whence it is that nausea or sickness is a symptom common to a variety of diseases. The stomach possesses, to a great degree, the control of every other organ of the body; and recovery from injury or sickness depends in a great measure upon the state of the stomach. It must be borne in mind that, whenever the stomach is in a feeble condition, there is generally a considerable accumulation of viscid mucus and other filth in the organ, clogging it and hindering its proper action. Now the most certain and speedy way to dislodge this accumulation, and to cleanse the stomach, is to administer vegetable emetics; for in many instances they will afford immediate relief, where a patient might otherwise continue ill for weeks or months.

Emetics not only empty the stomach of morbid matter, but they also have a beneficial influence upon the system generally; they overcome obstructions, equalize the circulation of the blood and nervous influence, and restore the secretions; they exert a particularly beneficial influence over the liver, by relaxing the tissue, and removing those obstructions so usual in torpid livers, and by the mechanical action of the stomach, bringing every part of the liver into activity, causes it to perform its functions with more vigour and efficiency. Emetics favour absorption, and are therefore useful in dropsies, and in the dispersion of tumours and swellings. They are invaluable in croup, and are very useful in all cutaneous diseases—in asthma, sick headache, dyspepsia, and jaundice. In all chronic complaints, it is generally necessary to evacuate the stomach with an emetic before a very strong impression can be made upon the disease. They are particularly beneficial in fever, for it is always accompanied with a deranged or morbid condition of the stomach, and it is of the utmost importance that its vitiated contents be removed as speedily as possible, that medicines may act properly upon it; and, moreover, the emetic acts beneficially upon the skin; it overcomes the constriction of the capillaries, and favours perspiration.

In the preceding remarks, of course we allude to such only as are of an innocent and safe nature. Those in use by the old-school doctors are of a poisonous nature, and frequently do more harm than good: hence it is that people have become so averse to emetics; but those we recommend in this work are simple vegetable remedies, safe and certain in

their operation, and free from any dangerous properties.

## LOBELIA

(LOBELIA INFLATA)—*The Herb and Seed*—

Is the most powerful and harmless relaxant that has ever been discovered. When taken into the stomach in sufficient quantity, it relaxes the tissue, and vomiting is produced by the reaction or muscular contraction of the chest, abdomen, and stomach. It is the most thorough evacuant of the stomach that has ever been used, and it possesses the rare advantage of not irritating or inflaming the stomach, as is generally the case with mineral emetics. It is also destitute of cathartic properties, and so does not weaken or exhaust the patient by acting upon the bowels. It is a very useful remedy, given in small doses, to produce relaxation in fever, colic, cramp, asthma, coughs, whooping cough, difficulty of breathing, palpitation of the heart, nervous affections, delirium tremens, strangury, strictures, &c. It is also a valuable sudorific: by relaxing the contracted pores of the skin, it causes the perspiration to flow freely; it also promotes the secretion of bile and urine, by relaxing the vessels whose unnatural constriction is the cause of the retention of those fluids. When it is necessary to produce muscular relaxation, as in fractures, dislocations, and tedious or difficult labours, the powder administered in warm water is highly beneficial. In sore throat, attended with an inability to swallow, a teaspoonful of lobelia, administered by way of injection, and repeated if necessary, will relax the

constricted parts of the throat, and enable the patient to swallow.

Lobelia yields its active properties to alcohol, water, or vinegar. If pure alcohol is used, it will dissolve the oil of the seeds, and render the tincture greasy and impure. It is supposed that the oil is devoid of medicinal virtue. An infusion of lobelia should never be boiled, or its virtue will be very much impaired. The pulverised leaves are called green lobelia, and the pulverised seeds brown lobelia. A teaspoonful of green is about equal in strength to two thirds of a teaspoonful of brown. The green is preferable in the treatment of children and delicate females.

Lobelia should be kept perfectly secluded from light and air, for by exposure it loses a portion of its medicinal virtue.

### BONESET.

(EUPATORIUM PERFOLIATUM.)—*The Leaves and Flowers.*

THIS is an excellent relaxant, second only to lobelia; and like lobelia, it possesses emetic and sudorific properties. It is also laxative and tonic. It acts as a gentle laxative, without irritating the bowels. It is an excellent remedy in all grades of fever, and may be given freely. Many families in America use this herb alone, as a family medicine, and never require any other medical assistance.

To produce vomiting, take 1 oz. of the herb, and steep it in a pint of hot water, but do not boil it. Drink a teacupful, warm, every fifteen minutes, until it operates.

For sweating, take small doses and repeat them often. For a tonic and laxative, take a teacupful cold, three or four times a day. A very convenient form of this medicine is the extract.

### BLUE VERVAIN.

(*VERBENA HASTATA.*)—*The Herb.*

THIS herb has an emetic property, and may be used alone, or combined with lobelia; one or two teacupfuls of a strong decoction will generally operate as an emetic, but after the stomach is thoroughly cleansed it does not produce nausea. It also operates as a tonic and sudorific. In severe colds, and in the early stages of fever, when the stomach is much disordered, it may be employed with advantage. The decoction sweetened with molasses is an excellent remedy for coughs. Dose, a tablespoonful, every hour.

### BLOODROOT.

(*SANGUINARIA CANADENSIS.*)

THIS is a powerful emetic: it ought always to be combined with lobelia. It is an excellent remedy in croup, scarlet fever, jaundice, and suppression of the menses. It is a valuable and certain remedy in polypus of the nose.

Infused in vinegar, bloodroot is an excellent application for tetter, ringworms, and old indolent ulcers.



## EXPECTORANTS.

EXPECTORANTS are medicines that promote the discharge of matter from the lungs, whether it be mucus, pus, or any other accumulation. Some of the most valuable of the expectorants have already been mentioned, as lobelia, boneset, vervain, and bloodroot. Emetics act as expectorants by their action upon the lungs, through relaxation; and also, by the mechanical action of the stomach and diaphragm, they effectually unload the windpipe and bronchial tubes of their vitiated secretions. There are also other valuable medicines of this class, as the following :—

### HOREHOUND.

(MARUBIUM VULGARE.)—*The Herb.*

THIS is a very old remedy, but a very good one, whenever an expectorant is required: it also possesses tonic properties. It is an excellent remedy in coughs, hoarseness, asthma, and all pulmonary affections. It has been used very successfully as a remedy for mercurial salivation.

### POLYPODY.

(POLYPODIUM VULGARE.)—*The Roots and Tops.*

THIS is a species of fern: it is found in many parts of England. It is spoken very highly of by some of the American physicians, as a remedy in incipient consumption, asthma, and chronic catarrh of the lungs.

It often allays a severe cough in a short time, facilitating expectoration, and relieving the oppression of the chest. It is also spoken of as an excellent remedy in dyspepsia; also for many cutaneous diseases, as salt rheum, erysipelas, and eruptions of a red colour.

### ST. JOHN'S WORT

(HYPERICUM PERFORATUM)—*The Herb*—

Is expectorant, diuretic, and somewhat astringent. It is very useful for coughs, either dry or loose, incipient consumption, pains of the chest, and emaciation; also for gravel and ulceration of the kidneys. The blossoms, infused in sweet oil, make a fine balsamic ointment for wounds, sores, swellings, ulcers, tumours, &c. An infusion of the herb should be drunk freely at the same time.

### ERYNGO, OR SEA HOLLY.

(ERYNGIUM CHARITUM.)—*The Herb*.

It possesses expectorant, tonic, and stimulant properties. It is very useful in pulmonary complaints.

## DIAPHORETICS AND SUDORIFICS.

DIAPHORETICS are medicines which produce only gentle perspiration. Sudorifics produce free and copious sweating. They are a very important class of remedies, for, as we have already shown, a great

number of the diseases with which we are afflicted are brought on through obstructed perspiration. It becomes, then, a matter of serious importance to find such remedies as applied in season will throw off the first attacks of disease, and thus battle and defeat the enemy in his first encroachments. How many thousands might be spared the horrid and lingering death of consumption ! if upon the first inroad of a cold they were to take some simple medicine that would restore the suppressed function of the skin, and thus prevent any further disease. Nor need we be much surprised at the sad havoc which obstructed perspiration makes in the system, when we consider that (according to the calculations of eminent physiologists) two thirds of all the waste matter of the system ought to be passed from the body by perspiration ; and if its passage be partially or wholly arrested for a day or two, the blood must become charged with impurities to an alarming extent ; and unless perspiration be restored, disease in some form or other will be the natural consequence. Of course we do not recommend excessive sweating, as that is very objectionable ; but the amount of sweating must be in proportion to the circumstances of the case.

The vapour bath is a powerful adjunct to this class of remedies, and in many diseases is indispensably necessary to a certain and speedy cure.

### CRAWLEY ROOT.

THIS is an excellent sudorific. It is sure and quick in its operation of producing perspiration, and that

too without increasing the heat of the body. It is very effectual in all grades of fever, whether high or low, and will relieve cramp, constriction, and all pains caused by colds. It produces a general relaxation of the system, and equalizes the circulation. It is an excellent medicine in pleurisy, inflammation of the chest or brain, and in erysipelatous inflammation. It should be kept carefully excluded from light and air.

## PLEURISY ROOT.

(ASCLEPIAS TUBEROSA.)

THIS root possesses invaluable medicinal properties. It is sudorific, laxative, diuretic, tonic, and antispasmodic. It possesses a surprising power of affecting the skin, inducing general and plentiful perspiration, without heating the body. It is applicable to fevers of a high or low grade. It is very useful in coughs, pleurisy, and inflammation of the lungs, relieving the difficulty of breathing and the tightness of the chest, and promoting expectoration. It is also useful in asthma, and catarrhal affections of the lungs; also for colic and griping pains in the stomach, and female complaints, such as hysteria, copious menstruation, spasms, and nervous weakness. Dr. Mattson says, "I am inclined to the belief that this medicine is almost a specific in measles."

The root becomes inert if kept too long; it should be kept perfectly air-tight.

## CATNIP OR NEP

(NEPETA CATARIA)—*The Herb*—

Is an excellent diaphoretic; also a stimulant and tonic. It is very useful in colds, bowel complaints, colic, and slight attacks of feverishness. It makes an excellent drink in all fevers, producing perspiration without increasing the heat of the body. A strong decoction sweetened with honey is useful for a cough.

The leaves bruised make an excellent poultice for all painful swellings. A hot decoction may be used by way of fomentation for the same purpose.

## ANGELICA.

(ANGELICA ARCHANGELICA).—*The Herb, Root, and Seeds.*

THIS is an excellent diaphoretic, also a stimulant. Dr. Stevens says, "In fevers it is also diuretic, acting beneficially upon the kidneys and bladder; excellent in dropsy and inflammation of the kidneys; indeed I know of no disease except diabetes in which this valuable plant could not be administered with benefit. It is cordial, sudorific, and stomachic, and highly beneficial in the diseases of infants, when combined with raspberry leaf." The seeds are carminative, and are very useful in flatulent colic.

## YARROW

(ACHILLEA MILLEFOLIUM)—*The Herb*—

Is a very useful diaphoretic. It is also stimulant, tonic, and slightly astringent. It opens the pores,

removes obstructions, promotes perspiration, and purifies the blood. It is very useful in colds, flatulent colic, diseases of the skin, and all impurities of the blood.

### CHAMOMILE

(ANTHEMIS NOBILIS)—*The Flowers*—

Is a very useful diaphoretic and tonic. The infusion drunk warm produces perspiration, and will generally arrest a sudden cold. It is also useful to promote the action of emetics. The cold infusion is a useful and agreeable tonic for weak and irritable stomachs. The flowers make an excellent fomentation for all painful swellings. The green herb, bruised and wet with vinegar, is an excellent remedy for bruises, sprains, and swellings.

### POOL ROOT.

(EUPATORIUM AGERATOIDES.)

Is a very active diaphoretic, producing speedy and copious perspiration in fever, without disturbing the circulation. It also possesses tonic properties, but that does not constitute an objection to its employment in fevers. It is also a very useful remedy in colds.

### BLESSED THISTLE

(CARDUUS BENEDICTUS)

Is a very useful diaphoretic. It makes an excellent drink for all kinds of fever. It promotes perspiration,



without increasing the circulation. It is also a useful light tonic, very suitable for weak and irritable stomachs.

## DIURETICS.

DIURETICS are those medicines which increase the secretion of urine, by stimulating the kidneys to a more vigorous action.

From a variety of causes, the kidneys are liable to become torpid in their operation, and consequently do not secrete from the blood that quantity of urine which it is necessary should be abstracted from it, in order to keep it in a state of purity. And when the kidneys do not separate the urine from the blood, the elements of it are carried by the circulation through the body, and frequently get lodged in the skin, producing cutaneous eruptions, sores, or ulcers. And this torpid condition of the urinary organs brings on likewise a variety of other diseases, as gravel, stone, strangury, &c. It is very important therefore, to be in possession of such remedies as are certain and safe in their operation in exciting these organs to exercise their important function properly.

### QUEEN OF THE MEADOW.

(*EUPATORIUM PURPUREUM.*)—*The Root.*

THIS is a valuable diuretic: it is also bitter and astringent. It is an excellent remedy in diseases of

the urinary organs, such as gravel, strangury, and high-coloured, bloody, or turbid urine. It is also useful in dropsy.

### CLEAVERS.

(*GALIUM APERINE.*)—*The Herb.*

THERE are several varieties of this plant, all possessing the same diuretic virtue. They are of great value in suppression of the urine, gravelly complaints, and other affections of the urinary organs. When urinary obstructions proceed from a collection of cold, slimy, or muddy substances in the kidneys or bladder, they effectually clear them out in all cases. They are very useful in inflammatory affections of the kidneys or bladder; possessing, as they do, a cooling as well as a diuretic quality. The herb should not be boiled, as that impairs its strength.

### SWEET SHRUB

(*CALYCANTHUS FLORIDUS*)—*Bark of the root—*

Is a very superior diuretic: it also possesses stimulant, tonic, diaphoretic, and nervine properties. It is a very efficacious remedy in retention of urine, and dropsy. It is also an excellent remedy for dyspepsia, sick headache, and colic.

### BURDOCK.

(*ARCTIUM LAPPA.*)—*The roots and seeds.*

THIS is an excellent diuretic. The seeds are powerfully diuretic, and also possess a nervine property. It

is very useful in scrofulous, scorbutic, and gouty affections, and in diseases of the kidneys and obstructions of the urine. The leaves, bruised and moistened with tincture of myrrh, form an excellent application for sprains, bruises, and other external injuries ; also for gouty affections : it speedily allays the pain and inflammation.

## JUNIPER BERRIES.

(JUNIPERUS COMMUNIS.)

THEY are a pleasant and useful diuretic. Their medicinal virtue depends upon an essential oil, which may be obtained by distillation. Juniper berries may be used to advantage in dropsical complaints, and all diseases of the urinary organs resulting from deficient secretion. Dose of the oil, from ten to fifteen drops, three times a day,

## UVA URSI

(ARBUTUS UVA<sup>a</sup> URSI)—*The Leaves*—

ARE diuretic, astringent, and mucilaginous. They operate specifically upon the urinary organs, and are useful in gravel, chronic inflammation of the kidneys, diabetes, incontinence of urine, gleet, leucorrhea, and ulcerations of the kidneys and bladder.

## COOLWORT

(TIARELLA CORDIFOLIA)—*The Leaves*—

Is a diuretic, and is very useful in gravelly complaints, in gonorrhœa, and in suppression of urine. In all

cases where the urine is acrid, or thick, or high-coloured, it may be used with advantage. In scalding of the urine it will generally afford relief in a few hours. It is also a useful remedy in affections of the liver, in dyspepsia, and acidity of the stomach.

There are also other diuretics which are useful occasionally, compounded with others, as parsley, broom tops, buchu leaves, wild carrot seed, ground ivy, &c.

## LAXATIVES.

LAXATIVES are those medicines which keep the bowels gently open. They are very different from purgatives in their operation, as they do not irritate to violent action, or diminish the strength of the patient, by giving rise to copious or watery stools, as is mostly the case with purgatives ; but they give tone and energy to the bowels, and thus stimulate and strengthen them to a natural and regular action. Most of this class of remedies we have already mentioned, as cayenne, balmony, golden seal, poplar bark, and dandelion root. The undressed wheat bread is an excellent laxative.

## ARTISCORBUTICS.

THESE medicines do not operate directly upon the blood, as is generally supposed ; but they stimulate to increased action, and invigorate, and give tone to

those various organs of the body which secrete or separate the impurities from the blood, as perspiration, urine, bile, &c.

With the exception of the oxygen gas which we take into the body with the air we breathe, there has no substance yet been discovered that will directly operate upon the blood, either chemically or mechanically, so as to purify it, when it has become surcharged with the waste and impure matter of the body.

What is it that keeps the blood in a pure condition in a healthy individual? but simply the proper performance of the functions of those various organs of the body whose office it is to separate from the blood the impurities which it is constantly receiving. And what can purify the blood when those organs become sluggish or torpid in their operation? The only way in which it can be done is by using such medicines as act specifically upon the various secretory organs of the body; and it is generally requisite to use such a compound as will operate upon all the secretory organs; and in many instances it requires remedies that will invigorate, and give tone, as well as stimulate to action; for it frequently happens that these organs are deficient in their operation from mere debility. Now if we turn our attention (with this view of the subject) to those remedies which experience has taught us are useful in impurities of the blood, we shall find that they all operate in the way and manner we have just pointed out. They promote one or other of the various evacuations, and thus they assist in the discharge from the body of some of its impurities.

We have in the course of this work given a list of antiscorbutic compounds, which are certainly the most valuable of the sort ever published, as Nos. 45, 46, 47, 48, and 49, and others.

## DEMULCENTS, OR MUCILAGES.

THESE are soft, viscid substances, which have a soothing effect upon the parts with which they come in contact. They are very useful in diseases of irritation, as diarrhœa, dysentery, and dry irritating coughs, irritation of the lungs or urinary organs: they are also very useful as poultices.

### SLIPPERY ELM BARK.

(ULMUS FULVA.)

THIS bark abounds with mucilage, which is readily extracted by water. It is a very nutritious and soothing article of diet, and may be given advantageously to feeble or emaciated patients, particularly those in consumption; or for any internal inflammation. Milk thickened with it makes an excellent diet for infants, or invalids and dyspeptics. The infusion is of great value in all internal inflammations and bowel complaints; it produces a soothing effect throughout the whole system. "As an external application, in the form of poultice, it is an admirable remedy, far exceeding any other known production in the world for ulcers, tumours, swellings, gun-shot wounds, chilblains, burns, cutaneous diseases, erysipelas, and



felons. It quickly and powerfully allays inflammation, promotes resolution, also suppuration, and heals speedily. In point of utility it is of far more value than its weight in gold."—*Dr. Beach*. It is a very important addition to injections, especially in bowel complaints. When added to stimulating injections, it prevents any unpleasant sensation of pungency.

### COMFREY ROOT.

(*SYMPHYTUM OFFICINALE*.)

THE virtues of comfrey are chiefly owing to its mucilage. Boiled in water or milk it is useful in diarrhœa, dysentery, and soreness of the stomach and bowels. It is also useful in coughs, and all pulmonary irritation. It makes an excellent poultice for white swellings.

Marsh mallows, linseed, and hollyoak blossoms are mucilaginous, and may be used in all cases of irritation, internally or externally.

## MISCELLANEOUS REMEDIES.

### AGRIMONY.

(*AGRIMONIA EUPATORIA*.)—*The Herb*.

THIS is a mild astringent and tonic. The juice of the plant, or a strong infusion, sweetened with honey, is an excellent medicine in jaundice, scurvy, scrofula, and chronic diarrhœa.

## BALM.

(MELISSA OFFICINALIS).—*The Herb.*

It is diaphoretic. It makes a pleasant and cooling tea in fever.

## BLACK ALDER BARK.

(PRINOS VERTICILLATUS.)

It is tonic, and slightly astringent. It is used as a remedy for boils, chronic diseases of the skin, ill-conditioned ulcers, ague and fever, worms, diarrhœa, and general debility.

## BLACK COHOSH ROOT

(MACROTYS RACEMOSA)

Is tonic, nervine, and slightly astringent. It has a high reputation as an antispasmodic and emmenagogue. It acts upon the skin, kidneys, and the mucous membrane of the lungs and uterus. It is useful in hysterics, St. Vitus's dance, and various affections of the lungs, particularly those resembling consumption.

## BLUE FLAG ROOT.

(IRIS VERSICOLOR.)

THIS is a powerful remedy, and must be used with caution. It is diuretic and alterative, and in large doses a powerful carthartic and emetic; dose, six or eight grains, steeped in a tumbler of cold water for half an hour; this may be taken as a dose night and morning. It proves a gentle alterant, and is very useful in eradicating inveterate taints from the system. It is likewise highly recommended for dropsy, combined with the root of the male fern.

## CANADA BALSAM.

(PINUS BALSAMEA.)

IN the form of tincture, it is used for coughs, gleet, and gravelly complaints ; but its principal use is for external application. A plaster of this balsam will heal bad wounds in a very short time. It is also useful for burns and scalds. A decoction of the bark of this pine, combined with slippery elm, is said to be an excellent remedy for bowel complaints.

## GREAT CELANDINE.

(CHELIDONIUM MAJUS.)—*The Herb and Root.*

THE juice of this plant, or an ointment made from it, is useful to cure ringworms, salt rheum, and to cleanse old ulcers. It is acrid, stimulant, detergent, and discutient.

CHICKWEED—*The Herb.*

THIS herb possesses cooling and soothing properties. Combined with groundsel and slippery elm, or marsh-mallow, it makes an excellent poultice for swellings and inflammations.

## COCASH

(ASTER PUNICEUS)—*The Root and Leaves—*

Is stimulant and diaphoretic. It may be taken freely in sudden colds, rheumatism, nervous debility, and dizziness.

## ELECAMPA NE ROOT

(INULA HELENIUM)

Is tonic, diuretic, astringent, and expectorant. It is sometimes used, in combination with other remedies, for coughs, weakness of the lungs, and pulmonary irritation.

## ELDER FLOWERS

ARE alterative, cooling, and antiherpetic. The infusion is recommended for erysipelas, fever, gout, &c. As an external application, it is very useful in inflammations and painful swellings.

## FENNEL SEED

(*ANETHUM FENICULUM*)

Is gently stimulant, carminative, and stomachic. It is a very useful aromatic in flatulency, flatulent colic, &c., and is also a useful addition in tonic bitters.

## FEATHERFEW, OR FEVERFEW,

(*METRICARIA PARTHENIUM*)—*The Herb*—

Is a stimulant, diaphoretic, and tonic. It is an excellent remedy in colds, sudden attacks of disease, hysterical complaints, flatulency, dizziness, and unpleasant sensations in the head. It promotes the menses, and is useful in lowness of spirits.

The infusion should not be boiled, as that impairs some of its active properties.

## FLEABANE

(*ERIGERON CANADENSE*)—*The Herb*—

Is stimulant, tonic, and diuretic. It is an excellent remedy in dysentery and colic. It should be taken freely, and injections of the same administered.

## GOLDEN ROD

(*SOLIDAGO ODORA*)—*The Herb*—

Is moderately stimulating, and the infusion administered warm produces perspiration. It is useful in flatulency, and in allaying nausea.

## GROUNDSEL.

(SENECIO VULGARIS).—*The Herb.*

It possesses relaxant, cooling, and emetic properties. It is recommended for convulsions, liver complaints, fevers, inflammations, and as an emetic for children. It makes an excellent poultice, in combination with chickweed and slippery elm, for inflammations, and all painful swellings.

## GUAIAACUM

(GUAIAACUM OFFICINALE).—*Chips and Gum—*

Is diaphoretic and alterative. It is useful in gout, chronic rheumatism, affections of the skin, and all impurities of the blood.

## LAVENDER FLOWERS

(LAVENDALA SPICA)

ARE slightly stimulant, carminative, and nervine. They are useful in flatulency, fainting, and nervous affections.

## LEVERWOOD

(CARPINUS AMERICANA).—*The Heart of the Trunk—*

Is an excellent tonic, laxative, and diuretic. It is a very useful remedy in dyspepsia ; also for diarrhœa, female complaints, strangury, gravel, and diseases of the kidneys. It gradually strengthens the stomach, and restores the appetite, without exciting that craving for food which some remedies produce. It may be used in affections of the lungs, without much danger of producing tightness of the chest, or difficulty of breathing.

## LIVERWORT

(HEPATICA TRILOBA)—*The Plant and Root—*

Is slightly astringent and tonic, and also deobstruent and demulcent. It is useful in fevers, liver complaint, and coughs. It assists expectoration, and allays the irritation of the lungs.

## MEADOW-FERN BURRS.

(MYRICA GALE.)

THESE burrs make an excellent ointment for all poisonous and troublesome eruptions, as itch, tetter, erysipelas, or sores on the lips, ears, face, or any other part of the body; and the decoction sweetened with honey should be taken at the same time. It invigorates the stomach, purifies the blood, and restores the skin to a healthy tone.

## MOTHERWORT

(LEONURUS CARDIACA)—*The Herb—*

Is tonic, diaphoretic, and nervine. It is useful in chronic headache, hysteria, and nervousness. It promotes the menses, and relieves pains peculiar to females.

## PIPSISSEWA

(PYROLA UMBELLATA)—*The Root and Leaves—*

Is diuretic and tonic. It is used in cancers, scrofulous tumours, rheumatism, dropsy, and diseases of the urinary organs. It is very acrid, and should not be taken by itself, but in connexion with such remedies as will correct its acrimony. It makes an excellent wash for offensive or badly-conditioned sores.



## PLANTAIN

(PLANTAGO MAJOR)—*The Root and Leaves—*

Is refrigerant, detergent, and slightly astringent. This plant, combined with an equal part of horehound, is remarkably efficacious in poisons of all kinds, especially the venom of poisonous reptiles. The leaves, simmered in spirits or olive oil, make an excellent application for erysipelas, tetter, &c.

## QUEEN'S DELIGHT

(STILLINGIA SYLVATICA)—*Bark of the Root—*

Is diuretic, tonic, and alterative. It is also purgative, if given in large doses. It should always be given in connexion with other medicine, or some mucilaginous substance, as it is very irritating if given by itself. It is very useful in syphilis, gonorrhœa, gleet, affections of the kidneys, scrofula, and chronic diseases of the liver and skin. The tincture is prepared by macerating 2 oz. of the bark in a pint of spirits, for ten days. Dose, a teaspoonful or more, two or three times a day. Dose of the powdered bark, from three to six grains.

GARDEN RUE.—*The Herb.*

It is diaphoretic and tonic. Taken freely, it produces perspiration, quickens the circulation, and removes obstructions.

## SAGE.

(SALVIA OFFICINALIS.)—*The Leaves.*

Is diaphoretic, and slightly astringent and tonic. It may be used to promote perspiration. In colds and coughs, a little lemon-juice added to the infusion

makes a very agreeable and useful drink in fever. It eases arterial and nervous excitement.

### SARSAPARILLA

(SMILAX SARSAPARILLA)—*The Root*—

Is a gentle stimulant, diaphoretic, and alterant. It is a useful ingredient in antiscorbutic compounds, but does not possess one twentieth part of the medicinal virtue that has been ascribed to it.

### SASSAFRAS.

(LAURUS SASSAFRAS.)—*Bark of the Root.*

STIMULANT, diaphoretic, and alterant. It is a very useful ingredient in compounds for impurities of the blood. The bark of the root should be used, and not the chips which are usually sold in the shops.

### SKUNK CABBAGE

(ICTODES FÆTIDUS)—*The Root and Seeds*—

Is expectorant, diaphoretic, and astispasmodic. Combined with other remedies, as in our fever powders, it is very useful in fevers, inflammation, &c. Taken in small doses, in honey, it is an excellent remedy for asthma, coughs, &c.; but it must be used with caution, as it is a powerful remedy.

### SOLOMON'S SEAL ROOT

(CONVALLARIA RACEMOSA AND C. MULTIFLORA:

*Two Species.*)

Is a gentle tonic and restorative, and is useful in affections of the lungs, general debility, immoderate flow of the menses, and other female weaknesses.

## SPIKENARD ROOT

(ARALIA RACEMOSA)

Is a gentle stimulant, diaphoretic, and pectoral. It is useful in colds, coughs, and pains in the chest, and for feelings of languor and debility.

## WILD CHERRY BARK

(PRUNUS VIRGINIANA)

Is astringent, tonic, and sedative. The infusion is very useful for dysentery, ague, diarrhœa, jaundice, and involuntary discharge of urine. The infusion should not be boiled, as that impairs some of its medicinal virtue.

## YEAST

Is a very useful remedy in all cases of mortification. It should be mixed with milk, or milk and fresh charcoal. It is very useful in stoppage of the bowels, and a variety of complaints that threaten to terminate in mortification. It should likewise be administered by way of injection. It is an excellent outward application in inflammatory sores, bruises, and sprains, that have a tendency to mortify.

## PROPORTIONATE DOSES OF MEDICINE.

THE doses mentioned in this work are for an adult, unless specified otherwise. For children they may be lessened in the following proportions :—For a child fourteen years of age, give two thirds of the dose ; for a child ten years of age, one half the dose ; a child seven years of age, one third ; a child three years of age, one sixth ; and an infant twelve months old, one tenth of the dose. There are other things beside

age which ought to regulate the doses of medicine, as sex, temperament, habits, peculiarity in diet, and peculiarities in the nature of the disease.

About sixty drops make a teaspoonful or a drachm: a tablespoonful is about half an ounce.

## COMPOUNDS.

### No. 1.—COMPOSITION POWDER.

Take of Bayberry . . . . . 2 oz.    Take of Powder of su-  
 ,,    Ginger .. . . . 1 oz.                    mach berries  $\frac{1}{4}$  oz.  
       Take of Anise seed . . . . .  $\frac{1}{4}$  oz.  
 All finely pulverized and mixed together.

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### No. 2.—ANOTHER FORM.

Take of Bayberry . . . . . 2 oz.    Take of Lobelia herb .. 1 oz.  
 ,,    Sculleap or valerian 1 oz.        ,,    Cayenne . . . . .  $\frac{1}{2}$  oz.  
 All finely pulverized and mixed together.

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### No. 3.—ANOTHER FORM.

Take of Prickly ash . . . . . 2 oz.    Take of Bark of sassa-  
 ,,    Bayberry . . . . . 1 oz.            fras root . . . . . 2 dr.  
 ,,    Pleurisy root .... 1 oz.        ,,    Ginger . . . . . 1 dr.  
       Take of Fennel seeds .. 1 dr.  
 All finely pulverized and mixed together.

These Powders may be taken in the following manner:—Take a teaspoonful of powder, and an equal quantity of sugar; mix them together, then pour upon it about two thirds of a teacupful of boiling water: allow it to steep until cool enough to take, when the whole may be taken as a dose, without the sediment.

These powders form an excellent family medicine; they are very useful in all slight and sudden attacks of disease, and if used in time, will in many instances prevent a serious attack of illness; and they are perfectly harmless under almost any circumstances.

No. 1 is for diarrhœa, dysentery, and other bowel complaints; it is also very useful for cleansing the tongue and stomach of fur or canker. No. 2 is for colic, coughs, hoarseness, nervous disorders, giddiness, hysteria, &c. No. 3 is for sudden colds, influenza, febrile attacks, pains in the stomach and bowels, rheumatism, cold hands and feet, &c. If the patient is in bed, with a hot brick to his feet, wrapped in a cloth wet with vinegar and water, it will favour the operation of these medicines.

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No. 4.—TONIC BITTER POWDERS.

Take of Centaury . . . . .	2 oz.	Take of Peppermint plant $\frac{1}{2}$ oz.
„ Chamomile flowers	1 oz.	„ Ginger . . . . .
„ Horehound . . . . .	$\frac{1}{2}$ oz.	„ Anise seed . . . . .
„ Bogbean . . . . .	1 oz.	„ Fennel seed . . . . .

All finely pulverized and mixed together.

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No. 5.—ANOTHER FORM.

Take of White poplar bark	4 oz.	Take of Ginger . . . . .	$1\frac{1}{2}$ oz.
„ Golden seal . . . . .	2 oz.	„ Prickly ash ber-	
„ Cloves . . . . .	$\frac{1}{2}$ oz.	ries . . . . .	$\frac{1}{2}$ oz.

All finely pulverized and mixed together.

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No. 6.—ANOTHER FORM.

Take of White poplar bark	4 oz.	„ Ginger . . . . .	1 oz.
„ Yellow root . . . . .	2 oz.	„ Anise seed . . . . .	$\frac{1}{2}$ oz.
„ Gentian root . . . . .	2 oz.	„ Fennel seed . . . . .	$\frac{1}{2}$ oz.

All finely pulverized and mixed together.

Upon a teaspoonful of either of these powders pour a teacupful of boiling water: let it steep for a short time, then take the whole, without the sediment, as a dose, which repeat three times a day, taking each dose about half an hour before meals.

These bitter compounds are excellent remedies for restoring the tone of the digestive organs, and for

creating an appetite. They are very useful in dyspepsia, jaundice, worms, flatulency, heartburn, weakness of the stomach, and all cases of debility, when the patient is free from active fever or inflammation. They need not be used after the appetite is fully restored.

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No. 7.—TONIC BITTERS FOR FEMALES.

Take of White poplar bark 5 oz.    Take of Witch hazel leaves 1 oz.  
 „    Golden seal    . . . . 1 oz.    „    Myrrh    . . . . .  $\frac{1}{2}$  oz.  
 „    Unicorn    . . . . . 1 oz.    „    Prickly ash berries 1 oz.  
 „    Beth root    . . . . . 1 oz.    „    Anise seed    . . . . . 1 oz.

All finely pulverized and mixed together; dose the same as the other bitters.

This compound is tonic and stimulant, and is particularly designed for the complaints of females, such as fluor albus, menstrual irregularities, and general weakness. It is very beneficial in loss of appetite, dyspepsia, worms, diarrhoea, spitting of blood, or any case of debility, not attended with acute fever or inflammation.

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No. 8.—COMPOUND FOR CHILDREN.

Take of No. 3 composition  $\frac{1}{2}$  oz.    Take of No. 4 bitters . . . .  $\frac{1}{2}$  oz.

Take of Slippery elm . . . .  $\frac{1}{2}$  oz.

Mix them well together.

Dose, a teaspoonful of the powder, in treacle or honey, three times a day.

It is very useful in coughs, loss of appetite, cutaneous diseases, and an impure state of the blood.

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No. 9.—APERIENT POWDER.

Take of best Alexandrian    Take of Chamomile flowers 1 oz.  
           senna . . . . . 1 oz    „    Best ginger . . . . . 1 oz.  
           Take of Jalap    . . . . .  $\frac{1}{2}$  oz.



All finely pulverized, sifted, and mixed together.

Dose, from half to a whole teaspoonful. It must be taken in substance, in a little warm water and sugar.

This is by far the best physic we have ever used ; it combines power with mildness of operation ; it thoroughly cleanses the stomach and the whole extent of the bowels, and produces a healthy action in them. It removes all offensive accumulations, without bringing on subsequent constipation, and it exercises a healthy action upon the liver and other contiguous organs.

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No. 10.—ANTICHOLERA POWDER.

Take of Tormentil root .. 1 oz.    Take of Slippery elm .... 1 oz.  
 „    Gum myrrh .... 1 oz.        „    Peppermint plant 1 oz.  
 „    Turkey rhubarb 1 oz.        „    Ginger ..... 1 oz.

Take of Carbonate of soda 1 oz.

All finely pulverized and mixed together.

Upon three teaspoonfuls of this mixture pour half a pint of boiling water. Let it steep a short time. Dose, a wineglassful, every half-hour or hour until the urgent symptoms are abated, when it may be taken about three times a day until cured.

This is an invaluable preparation for cholera, summer complaints, diarrhœa, dysentery, and all bowel disorders.

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No. 11.—ANTICHOLERA POWDER.

Take of Tormentil root .. 2 oz.    Take of Cayenne ..... 2 dr.  
 „    Poplar bark .... 1 oz.        „    Gum myrrh .... 2 dr.  
 „    Ginger ..... 2 oz.        „    Carbonate of soda 2 dr.  
 „    Peppermint plant 4 dr.        „    Cinnamon .... 1½ dr.  
 „    Slippery elm .... 4 dr.        „    Cloves ..... 1½ dr.

All finely pulverized and mixed together.

Dose, the same as the other, or half a teaspoonful of the powder every half-hour.

## No. 12.—SUDORIFIC, OR FEVER POWDERS.

Take of Crawley root .. 1 oz.    Take of Lobelia herb....  $\frac{1}{2}$  oz.  
 „    Pleurisy root .. 1 oz.        „    Skunk cabbage ..  $\frac{1}{2}$  oz.

All finely pulverized and mixed together.

Dose, from a quarter to half a teaspoonful, every hour or two, until perspiration is fully established. It may be given in a little catnip tea, or tea of any of the sweating herbs, or in a little warm water. Sometimes it happens that the first dose produces a moisture of the skin. After perspiration is produced, it need only be given sufficiently often to keep up a gentle 'perspiration, as about three times a day or so. This powder may be given in small doses, so as to allay pain and nervous excitement, and keep the skin gently moist; or the dose may be increased, if desirable, so as to excite nausea and vomiting.

For children it is better to make an infusion, by steeping half a teaspoonful of the powder in about half a teacupful of hot water. Dose, from one to three teaspoonfuls.

This powder is the most certain, safe, and potent remedy ever discovered, for fevers and inflammation. It allays excitement, regulates the pulse, and disposes to sound and natural sleep, by removing at once the real cause of all the feverish disorder. If given properly, it will control a fever with the greatest certainty. This powder must be kept in a bottle, well stopped, or it will lose its medicinal virtue.

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 No. 13.—EMETIC POWDERS.

Take of Lobelia ..... 6 dr.    Take of Skunk cabbage .. 3 dr.  
 „    Bloodroot .... 3 dr.        „    Ipecac ..... 4 dr.  
 Take of Cayenne .... 1 dr.

All finely pulverized and mixed together.

Dose, half a teaspoonful, in boneset or chamomile tea, every fifteen minutes until it operates. If the first dose is rejected without full vomiting, repeat it.

This is by far the best emetic we have ever used. It is very efficacious in breaking up morbid associations, and exciting a healthy action in every part of the system. It may be administered with safety in all cases where an emetic is required. For general purposes it is far superior to the lobelia powders generally used.

After the operation of the emetic, it will be better for the patient to take a basin of milk or oatmeal gruel, or a little arrowroot.

No. 14.—LOBELIA EMETIC POWDER.

Take of Lobelia . . . . .	1 dr.	Take of Prickly ash	
„ Valerian . . . . .	1 dr.	berries . . . .	1 dr.

All finely pulverized and mixed together.

Dose, a teaspoonful every twenty minutes until it operates. It should be given in composition tea. The patient should drink freely of composition tea for twelve or twenty-four hours previous to taking this emetic.

## TINCTURES.

No. 15.—TINCTURE OF LOBELIA.

Take of Lobelia herb. . . . 2 oz.    Take of Water and spirits,  
equal parts . . 1 pint.  
 Infuse for ten days.

This tincture possesses all the properties of the herb, and is a very convenient form of using it.

No. 16.—ACID TINCTURE OF LOBELIA.

Take of Lobelia herb.... 2 oz.    Take of Cayenne .....  $\frac{1}{4}$  oz.  
               Take of Best vinegar .. 1 pint.

Boil the vinegar, and pour it upon the herb into a stone bottle; cork it close, and allow it to steep ten days. Dose for a cough,

half a tea-spoonful in sugar, or a piece of lump sugar moistened with it, and repeated when the cough is troublesome. For asthma or croup, a larger dose may be taken, and repeated according to the urgency of the symptoms.

This is an excellent remedy in all kinds of cough, in asthma, croup, tightness of the chest, and difficulty of breathing.

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No. 17.—TINCTURE OF CAYENNE.

Take of Cayenne pulverized 2 oz. Take of Spirits . . . . . 1 pint.  
Infuse ten days.

This is a very useful and convenient form of cayenne. It is a valuable external application when direct stimulation is required, as in white swellings, rheumatic joints, and parts that have lost their sensibility.

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No. 18.—ACID TINCTURE OF CAYENNE.

This is made in the same way as the other, only that vinegar is used instead of spirits.

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No. 19.—TINCTURE OF MYRRH.

Take of Gum myrrh ..  $1\frac{1}{2}$  oz. Take of Spirits . . . . . 1 pint,  
Infuse for ten days.

This makes an excellent wash for offensive ulcers, and for all wounds that have a tendency to mortification. Diluted with water, it makes a very useful wash for sore mouths, spongy gums, ulcerated throat, &c.

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No. 20.—COMPOUND TINCTURE OF MYRRH.

Take of Gum myrrh ..  $1\frac{1}{2}$  oz. Take of Cayenne . . . . . 1 dr.  
Take of Spirits . . . . . 1 pint.  
Infuse for ten days.

Dose, a teaspoonful in a little warm water sweetened.

This is a valuable stimulant and tonic, and is very useful in a feeble or languid state of the digestive organs; also in nausea, giddiness, headache, pains of the stomach and bowels, or distress occasioned by over-eating.

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No. 21.—TINCTURE OF GINGER.

Take of Best ginger bruised 4 oz. Take of Spirits ..... 1 pint.  
Macerate ten days.

This is a very useful preparation of ginger, as it possesses all the active properties of the root. It is stimulant and carminative, and is very useful in flatulency, &c.

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No. 22.—TINCTURE OF NERVINE.

Take of Scullcap.. 2 oz. Valerian., 2 oz. Spirits.. 1 pint.  
Macerate ten days.

Dose, from one to three teaspoonfuls, in a little sweetened water. It may be added to injections, in the quantity of a tablespoonful, when a nervine is required.

This is very useful in all nervous disorders.

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No. 23.—TINCTURE OF CENTAURY.

Take of Centaury.. 1 oz. Orange peel..  $\frac{1}{2}$  oz. Spirits.. 1 pint.  
Macerate ten days.

One or two teaspoonfuls taken before breakfast and dinner will create an appetite and strengthen the stomach. Children troubled with worms may take a teaspoonful every morning with great advantage.

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No. 24.—TINCTURE OF PRICKLY ASH.

Take of Prickly ash berries..... 2 oz. Spirits..... 1 pint.  
Macerate ten days.

Dose, one or two teaspoonfuls.

It is an excellent remedy for colic, ague, low forms of fever, rheumatism, cold hands and feet, and a variety of complaints where stimulants are required.

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No. 25.—TINCTURE OF BLOODROOT.

Take of Bloodroot, pulverized .... 1 oz.      Spirits..... 4 oz.

Macerate ten days.

This is very useful for bloodshot or bruised eyes, polypus, proud flesh, and all fungous or morbid excrescences.

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No. 26.—COMPOUND TINCTURE OF BLOODROOT.

Take of Bloodroot .. 1 oz.    Cayenne..  $\frac{1}{4}$  oz.    Spirits.. 4 oz.

Macerate ten days.

This is an excellent preparation for bruises, when the skin is not broken. Keep the part wet with it until all the discolouration is gone.

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No. 27.—ACID TINCTURE OF BLOODROOT.

Made the same as No. 25, only substitute vinegar for the spirits.

It is useful for the same purpose as the other. It is also an excellent application for warts, ringworms, tetter, and indolent ulcers.

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No. 28.—ANTISPASMODIC TINCTURE.

Take of Gum myrrh .... 1 oz.      Take of Scullcap.....  $\frac{1}{2}$  oz.

„ Lobelia..... 1 oz.      „ Cayenne.....  $\frac{1}{4}$  oz.

Take of water and spirits, equal parts, one pint.

Macerate ten days.

Dose, from one to three teaspoonfuls, often repeated.

This is a valuable remedy in all sudden, violent, and critical attacks of disease, as epilepsy, convul-



sions, croup, hysteria, apoplexy, poisoning, hydrophobia, locked jaw, and suspended animation. It is very rapid and powerful in its operation, but perfectly safe and innocent.

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No. 29.—RHEUMATIC LINIMENT.

Take of Tincture of Cayenne . . . . . 1 oz.

„ „ Prickly ash . . . . . 1 oz.

„ „ Olive oil . . . . . 1 oz.

Mix them well together, and apply to the part affected, using considerable friction. In many cases of rheumatism two or three applications will entirely remove the pain.

## INFUSIONS AND DECOCTIONS.

THE terms infusion and decoction are applied to teas according to the mode in which they are prepared. Infusions are made by steeping without boiling, as common table tea: decoctions are made by gently boiling.

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No. 30.—STIMULATING INFUSION.

Take of Cayenne . . . . .  $\frac{1}{2}$  dr. Take of Scullcap . . . . .  $\frac{1}{2}$  dr.

„ Bayberry . . . . .  $\frac{1}{2}$  dr. „ Lobelia herb . . . . .  $\frac{1}{4}$  dr.

Pour upon them a pint of boiling water, and keep it covered for half an hour. Dose, half a teacupful.

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No. 31.—ANTISPASMODIC INFUSION.

Take of Blue cohosh . . . . 3 dr. Take of Scullcap . . . . . 3 dr.

„ Valerian . . . . . 3 dr. „ Spearmint . . . . 3 dr.

Take of Ginger . . 3 dr.

Pour upon them a pint of boiling water, keep it covered, and steep for half an hour: strain and sweeten. Dose, a wineglassful, to be repeated frequently.



## EXTRACTS.

THE best way to make extracts is to obtain the expressed juice of the fresh herb or root, and evaporate it slowly to the desired consistence. When that cannot be obtained, then make a strong decoction, strain it, and evaporate as before. If it is evaporated near the fire, the vessel should be placed in an open pot of water, to prevent the extract from burning. Such plants as possess very volatile properties cannot, of course, be prepared in this way.

### No. 35.—EXTRACT OF LOBELIA.

Take of Lobelia seeds.... 4 oz. Take of Vinegar..... 2 oz.

Take of Water and spirits, equal parts, one quart.

Macerate ten days, then strain, and evaporate to the consistence of honey. This extract may be made into pills of a grain each, which is a very convenient way of administering lobelia. Two grains will generally produce vomiting.

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### No. 36.—EXTRACT OF POPLAR BARK.

Take of the bark 2 oz., water a pint: simmer for half an hour, then strain and evaporate as before directed.

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### No. 37.—EXTRACT OF CLOVER.

Take of clover blossoms any desirable quantity, and water sufficient to cover them; boil gently an hour, (they should be boiled in a brass kettle or earthen vessel,) then strain all the liquid through a coarse cloth, and evaporate as before.

This is a most excellent application for open cancers, ill-conditioned sores, ulcerated surfaces, and deep, ragged-edged burns.

## SYRUPS.

THIS is a useful class of compounds, as they contain the properties of different herbs, and are presented to the patient in a pleasant and palatable condition.

### No. 38.—SYRUP OF BAYBERRY.

Take of Bayberry ..... 4 oz.

„ Water and spirits, equal parts .. 1 quart.

Macerate ten days: then strain, and evaporate it to three half-pints; add  $1\frac{1}{2}$  lbs. of loaf sugar, simmer it a few minutes until the sugar is dissolved, take the scum off, and bottle for use. Dose, a tablespoonful, in all cases where bayberry is required.

### No. 39.—SYRUP OF BLACKBERRY ROOT.

Take a pound of the bark of the root, add a quart of water, boil gently for two hours, pour off the liquid, and add more water to the bark; and thus continue to boil and pour off until all the strength is extracted; then strain, and add all the boilings together, and simmer it down to one quart; then add two lbs. of loaf sugar. When cool, add a quarter of a pint of French brandy.

Dose, a tablespoonful, three times a day, to be taken upon an empty stomach. If it does not effect a cure in a few days, gradually increase the dose.

This is a most valuable syrup for bowel complaints, particularly the chronic form.

### No. 40.—COUGH SYRUP.

Take of good molasses or honey, 1 pint, tincture of lobelia, 3 oz., essence of pennyroyal, 1 dr., essence of spearmint, 2 dr. Mix and shake them well together.

It is very useful in coughs, asthma, tightness of the chest, sore throat, and a variety of similar complaints.

## No. 41.—COUGH SYRUP.

Take of Solomon's seal ..  $\frac{1}{2}$  oz.    Take of Poplar bark ....  $\frac{1}{2}$  oz.  
 „    Beth root .....  $\frac{1}{2}$  oz.        „    Comfrey root ....  $\frac{1}{2}$  oz.  
 Take of Water one pint.

Boil gently in a covered vessel for fifteen or twenty minutes, then strain, and add half a pound loaf sugar: simmer until the scum ceases to rise.

When the syrup is nearly cold, add 1 oz. of tincture of lobelia and half a pint of French brandy. Dose, a tablespoonful, three or four times a day.

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## No. 42.—COUGH SYRUP.

Take of Lobelia herb .... 1 oz.    Take of Spikenard .....  $\frac{1}{2}$  oz.  
 „    Horehound .... 1 oz.        „    St. John's wort  $\frac{1}{2}$  oz.  
 „    Boneset ..... 1 oz.        „    Comfrey root ..  $\frac{1}{2}$  oz.

Pour upon them three half-pints of boiling water, keep it covered, and steep for two hours. It must not be boiled. Strain, and add one pound of loaf sugar, previously boiled to a syrup in a small quantity of water. When cool, add a quarter of a pint of Hollands gin. Dose, two teaspoonfuls once an hour, or a wineglassful three times a day.

This is an excellent preparation for coughs, whooping coughs, hoarseness, asthma, and croup. It is also very useful in incipient consumption; it relieves that constricted state of the lungs from which consumptives generally suffer, and it very speedily promotes expectoration.

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## No. 43.—COUGH SYRUP.

Take of Polypody ..... 1 oz.    Take of Boneset .....  $\frac{1}{4}$  oz.  
 „    Horehound .... 1 oz.        „    Skunk cabbage..  $\frac{1}{4}$  oz.  
 „    Comfrey .....  $\frac{1}{2}$  oz.        „    Bloodroot ....  $\frac{1}{4}$  oz.

Pour upon them three half-pints of boiling water; cover it, and let it steep three hours; then strain it, and when cold sweeten with honey. Dose, a wineglassful, three times a day.

This is an excellent remedy for coughs, and affections of the lungs, attended with a difficulty of expectoration.

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No. 44.—STRENGTHENING SYRUP FOR FEMALES.

Take of unicorn, 1 oz., spikenard, 1 oz., comfrey, 1 oz., water, three half-pints; boil gently for one hour, strain, and add  $\frac{1}{4}$  oz. of golden seal, 2 dr. prickly ash berries,  $\frac{1}{4}$  oz. poplar bark, 2 dr. gum Arabic, 1 dr. elm, and  $\frac{1}{2}$  lb. loaf sugar; steep for one hour: when cold, strain, and add half a pint of Hollands gin. Dose, from a tablespoonful to a wineglassful, three times a day.

This is a very useful syrup for all female weaknesses, debility of the back and loins, feeble digestion, &c.

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No. 45.—ALTERATIVE SYRUP.

Take of compound tincture of myrrh, and of treacle, each a tablespoonful; tincture of lobelia, half a tablespoonful. Mix them well together. Dose, a teaspoonful, four times a day.

It is very useful in cutaneous diseases, boils, ill-conditioned sores, dyspepsia, and various chronic complaints.

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No. 46.—ANTISCORBUTIC SYRUP.

Take of Meadow-fern burrs  $\frac{3}{4}$  oz. Take of Powder of sumach

„ Poplar bark ....  $\frac{1}{2}$  oz. berries .....  $\frac{1}{2}$  oz.

„ Bayberry .....  $\frac{1}{2}$  oz. „ Prickly ash berries  $\frac{1}{2}$  oz.

Take of Cayenne .....  $\frac{1}{4}$  oz.

Pour upon this one quart of boiling water, keep it covered, and steep for three or four hours, then strain, and add 1 lb. of loaf sugar. Dose, a wineglassful, four times a day.

It is an excellent medicine in tetter, itch, jaundice, gout, scalled head, scurvy, scrofula, cutaneous eruptions, and all impurities of the blood.



No. 47.—ANTISCORBUTIC SYRUP.

Take of Sarsaparilla . . . .	2 oz.	Take of Poplar bark . . . .	1 oz.
„ Guaiacum . . . . .	1 oz.	„ Burdock root . . . .	$\frac{1}{2}$ oz.
„ Bark of sassafras		„ Burdock seed . .	$\frac{1}{2}$ oz.
root . . . . .	$\frac{1}{2}$ oz.		

Spirits half a pint, water one pint; steep for three hours, pour off the liquid, and add more water repeatedly, till all the strength is obtained; then strain, and gently boil down to three half-pints; add one and a half pounds of loaf sugar; let it stand until the next morning, then pour off, and bottle for use. Dose, a wineglassful three or four times a day; also, a wineglassful of lime water should be taken occasionally.

This is a very useful medicine in scrofula, ulcers, cutaneous eruptions, and all taints of the system.

No. 48.—ANTISCORBUTIC SYRUP.

Take of Sarsaparilla . . . . 1 oz.	Take of Prickly ash berries 1½ dr.
„ Cleavers . . . . . 1 oz.	„ Burdock root . . . . ½ oz.
„ Guaiacum . . . . 1 oz.	„ Burdock seed . . . . ½ oz.

Pour upon them three half-pints of boiling water; keep covered, and steep for four hours; then strain, and add 1 lb. of loaf sugar.

Dose and uses the same as the last.

No. 49.—ANTISCORBUTIC SYRUP.

Take of Queen's delight ..	$\frac{3}{4}$ oz.	Take of Unicorn root ..	$\frac{3}{4}$ oz.
„ Bark of sassafras		„ Guaiacum ....	$\frac{3}{4}$ oz.
root .....	$\frac{3}{4}$ oz.		

Take of Prickly ash berries . .  $\frac{3}{4}$  oz.    Take of Water . . 1 quart.

Simmer gently in a covered vessel until it is reduced to three half-pints; then strain, and add 1 lb. of loaf sugar. Scald the sugar, and skim the scum off the surface. When cool, add 2 oz. each of the tinctures of prickly ash and queen's delight. Dose, from one to two teaspoonfuls, three times a day.

This a valuable syrup, and is useful in scrofula, scurvy, ulcers, tetters, and all impure conditions of the system.

## PILLS.

## No. 50.—LOBELIA PILLS.

Take of Lobelia seed . . .  $\frac{1}{2}$  oz.      Take of Scullcap . . . . .  $\frac{1}{2}$  oz.

Take of Cayenne . . . . .  $\frac{1}{2}$  oz.

Mix with sufficient mucilage to form into pills. Dose, two pills, three or four times a day.

They are stimulant and relaxant, and are useful in a great variety of diseases, as asthma, tightness of the chest, dyspepsia, jaundice, palpitation of the heart, rheumatism, whooping cough, St. Vitus's dance, &c.

## No. 51.—LOBELIA PILLS.

Take of Lobelia seed . . . . . 1 dr. Take of Cayenne . . . . . 1 dr.

„ Extract of dandelion 3 dr.      „ Alexandrian senna,

„ Bloodroot . . . . . 1 dr.      pulverized . . . 2 dr.

Add a few drops of oil of spearmint, mix and form into pills.  
Dose, two or three, three times a day.

This is an excellent pill for liver complaint and jaundice.

## No. 52.—CAYENNE PILLS.

Take any quantity of cayenne pepper, and mix it with sufficient mucilage of gum Arabic to form into pills. Dose, from three to five, after meals.

This is a very convenient form to take cayenne, and they may be used in any case where stimulants are required.

## No. 53.—APERIENT, OR COMPOUND RHUBARB PILLS.

Take of Best Socotrine aloes 2 oz. Take of Cayenne . . . . .  $\frac{1}{4}$  oz.

„ Turkey rhubarb  $\frac{1}{2}$  oz.      „ Castile soap . . . .  $\frac{1}{4}$  oz.

Take of Cureuma  $\frac{1}{2}$  oz.

Moisten the soap, and form the whole into pills. Dose, two at bed-time.

They are very useful in emptying and cleansing the bowels of bile and vitiated secretions.

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No. 54.—PILL FOR FEMALES.

Take of Gum myrrh . . . .	1 oz.	Take of Aloes . . . . .	1 dr.
„ Unicorn root ..	1 oz.	„ Lobelia . . . . .	1 dr.
„ Tansy . . . . .	1 oz.	„ Black cohosh ..	1 oz.

Take of Cayenne 1 oz.

Mix and form into pills with the mucilage of gum Arabic. Dose, three, at bed-time.

These pills are used to remove obstructions to which females are subject. They are also useful in headache, depression of spirits, nervous affections, and sallowness of the skin.

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No. 55.—TONIC PILLS.

Take of gum myrrh, 1 dr., cayenne, 1 dr., bayberry, 1 dr., extract of poplar bark and golden seal, equal parts, sufficient to form a pill mass. Dose, two, three times a day.

This is an excellent tonic preparation, and may be used whenever tonics are required, as in cases of debility and dyspepsia, and recovery from illness.

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No. 56.—PILL FOR INDIGESTION.

Take of cayenne, 1 dr., Turkey rhubarb,  $\frac{1}{2}$  dr., sufficient extract of golden seal to make into pills. Dose, two, three or four times a day.

This is an excellent pill for weakness of the stomach. It has proved successful, when the stomach has been so irritable as to reject everything

else. If the bowels are costive, gradually increase the dose until it mildly opens the bowels.

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#### No. 57.—BAYBERRY PILLS.

Take equal parts of cayenne and extract of bayberry, and form into pills. Dose, four, three or four times a day.

These pills furnish a pure stimulant, and an efficient detergent for cleansing the mucous membrane of the stomach and bowels. They promote digestion and the operation of the bowels, and give increased tone and energy to the whole system.

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#### No. 58.—COUGH PILLS.

Take of Lobelia . . . . . 2 dr. Take of Skunk cabbage.. 1 dr.

„ Bloodroot . . . . . 1 dr. „ Pleurisy root .. 1 dr.

Mix into a pill mass with balsam of tolu, previously softened with a little spirits. Dose, two, twice a day.

These pills are very useful in coughs, especially those of a chronic character, attended with difficulty of expectoration.

## POULTICES.

POULTICES are differently compounded, according to the nature of the case for which they are required. In general they are intended to soften and relax the skin, allay pain and inflammation, hasten the discharge of matter from tumours or swellings, or to cleanse offensive or ill-conditioned sores; but sometimes, as in the case of inordinate discharges, those are required which will astringe and give tone to the

tissue of the part. It is necessary, in treating ulcers, that the poultice should be an absorbing substance, in order to absorb and remove from the part the morbid matter which is from time to time thrown to the surface.

A poultice should be renewed as soon as it becomes dry, and if there is much pain and inflammation in the part, the poultice should be kept cool and moist, by wetting it frequently with cold water.

Wounds, and raw or ulcerated surfaces, should be thoroughly cleansed at each renewal of the poultice. This may be done by washing them well with warm soapsuds, followed by a tea of witch hazel leaves, or white pond lily root. When the inflammation of a sore or wound is subdued, and all the matter is discharged, the poultice may be discontinued, and the healing salve employed.

#### No. 59.—ELM POULTICE.

Take of slippery elm a sufficient quantity : add water and milk till of the consistence required.

This poultice is unequalled in point of value, for all inflammatory sores, burns, and parts where the skin is off. It soothes the part, and allays the pain and inflammation. Instead of milk and water, it may be mixed with weak ley water, which makes an excellent poultice in inflammations, felons, wounds, fistulas, &c.

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#### No. 60.—TONIC POULTICE.

Take of slippery elm, and an equal quantity of the dregs of tincture of myrrh. Moisten with a little water.

This is very useful in indolent ulcers, carbuncles, and long-standing inflammation.

## No. 61.—RELAXANT POULTICE.

Take of slippery elm two parts, ginger one part, lobelia one part: mix them together with a little water. If the part is in a high state of inflammation, with the skin unbroken, then add two tablespoonfuls of soft soap, and one of salt.

This makes an excellent poultice for all hard swellings, and boils, gouty feet, stiff, swelled, and painful joints, carbuncles, felons, and whitlows. Leaving out the soap and salt, and putting as much pulverized pond lily root and ginger as lobelia, it makes an excellent poultice for ulcerated mercurial sores.

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No. 62.—LINSEED POULTICE.

Take of linseed meal a sufficient quantity, mix with warm water.

This may be used when slippery elm cannot be obtained.

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No. 63.—BAYBERRY POULTICE.

Make a very strong decoction of bayberry, add a lump of bayberry wax, then thicken with slippery elm.

This is an excellent application for scrofulous ulcers.

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No. 64.—CARROT POULTICE.

Boil the carrots until they are sufficiently soft, then mash them to a pulp, and add a little slippery elm.

This forms a very soothing poultice, and is very useful in irritable scrofulous sores, and irritable ulcers and swellings.



## No. 65.—YEAST POULTICE.

Take of yeast and new milk, equal parts; thicken with sufficient slippery elm to form a poultice.

This is very useful in foul and putrid sores and ulcers. It is very cooling and antiseptic: it arrests mortification, and hastens the separation of the dead parts.

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## No. 66.—YEAST POULTICE.

Take a quantity of yeast and thicken it with equal parts of ginger and wheat flour; set it before the fire until it begins to rise, then apply it to the part.

It is used for the same purposes as the last.

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## No. 67.—CHARCOAL POULTICE.

Take of charcoal recently prepared, pulverized, and an equal quantity of slippery elm; mix with a little warm water.

This poultice is very useful in correcting the fetor of wounds or sores that are in an offensive or gangrenous state. It possesses the property of absorbing and neutralizing the offensive odour. It should be renewed frequently.

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## No. 68.—CHARCOAL POULTICE.

Take of charcoal 3 oz., ginger 1 oz., elm 2 oz., mix and use the same as the last.

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## No. 69.—POTATO POULTICE.

Boil the potatoes, mash them, and add a little slippery elm.

This is very useful in inflammation of the eye, &c.

## No. 70.—COMFREY POULTICE.

Take fresh comfrey roots, scrape them fine until you obtain about half a pint, then add the whites of two or three eggs, and sufficient brandy to make it into a poultice. Spread it upon a bandage, and bind it to the part as tightly as it can be borne, wetting it occasionally with brandy to keep it moist.

This an excellent application for white swellings.

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## No. 71.—WOOD SAGE POULTICE.

Take the tender shoots of wood sage; gently simmer them in just sufficient water to cover them, then thicken the poultice with elm, and face it with a little pulverized lobelia.

This is very useful for indolent ulcers and poisoned wounds.

As a general rule, it is better to cover a poultice with a bandage of oiled silk, or gutta-percha cloth, to prevent the moisture evaporating.

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## No. 72.—VEGETABLE CAUSTIC.

Take of sheep sorrel any desirable quantity; bruise it, and press out the juice: evaporate it in the sunshine until it is of the consistence of honey. When used it should be spread on a piece of linen, or bladder, or soft leather.

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## ANOTHER.

Burn a quantity of red oak bark to ashes; then drain boiling water through the ashes till all the strength is obtained; then gently boil the ley to the consistence of honey. To be used the same as the other. They should be kept in a glass stoppered bottle.

## OINTMENTS AND SALVES.

## No. 73.—MEADOW-FERN OINTMENT.

Take of meadow-fern burrs, and balm of Gilead buds, of each 3 oz.; steep them in half a pint of spirits for a week, then add

1 lb. of fresh lard; simmer over a slow fire until the spirit is evaporated, and the virtue is obtained from the buds and burrs, then strain the ointment, and pour it into a convenient vessel to cool.

This is an excellent application in tetter, scalled head, soreness of the lips or nose, itch, and various cutaneous eruptions.

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No. 74.—OINTMENT FOR SORES AND ULCERS.

Take the yolks of three eggs, and one fluid ounce of fir balsam; mix them well together, spread it upon soft leather, and apply it to the ulcers, which should be previously smeared with a little grease. Renew it every twenty-four hours, and wash the part clean with soap suds at each renewal of the plaster.

Applied to boils it will frequently disperse them.

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No. 75.—NERVE OINTMENT.

Take of wormwood, chamomile flowers, tansy, hops, and meadow-fern burrs, of each an equal quantity, all pulverized; cover them with goose oil, simmer gently for twelve hours, occasionally stirring it; keep the vessel covered. It will be better to place the vessel in a large saucepan of water, to prevent the herbs burning. When it has simmered twelve hours, strain it, and add  $\frac{1}{2}$  oz. oil of spearmint to every pint of ointment. Preserve it in a well-corked bottle. The part must be rubbed briskly with the hand when the ointment is put on, and a piece of flannel wrapped over the part, to shield it from the air.

This is a very useful ointment for bathing sprains, bruises, swellings, stiff joints, and contracted sinews or tendons.

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No. 76.—HEALING SALVE.

Take of Venice turpentine, bees' wax, and fresh lard, of each 1 oz., fir balsam,  $\frac{3}{4}$  oz., tincture of myrrh, 2 dr. Melt them together, and simmer for ten or fifteen minutes.

This salve is applied to wounds, sores, and ulcers, after they have been cleaned, and the inflammation is removed.

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No. 77.—LIP SALVE.

Take rose-water and oil of almonds, of each 2 fluid ounces, spermaceti,  $\frac{1}{2}$  oz., white wax, 1 dr. Melt the wax, spermaceti, and oil together, then add the rose-water a little at a time, constantly stirring the ointment until it is cold. It may be coloured, if desired, with saffron, or any other suitable substance.

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No. 78.—BAYBERRY SALVE.

Take of bayberry wax and Venice turpentine, equal parts, melt together; add sweet oil to render the salve of a proper consistence.

This is an excellent application for scrofulous ulcers.

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No. 79.—CELANDINE OINTMENT.

Take a sufficient quantity of the herb, bruise it, cover it with spirits, simmer it for a time over a slow fire, then add sufficient fresh butter to make an ointment; allow it to remain over the fire until the leaves are crisped, then strain.

This is a very useful ointment in cutaneous eruptions.

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No. 80.—MALLOWS OINTMENT.

Make a thick mucilage of marsh-mallows, by boiling a sufficient quantity of the herb in water; strain it, and add sufficient lard to make an ointment; melt, and mix them well together.

This forms a very cooling ointment, and is very efficacious in all kinds of eruptions attended with inflammation. It is also an excellent remedy for chapped hands.

## No. 81.—PILE OINTMENT.

Take of cranesbill, finely pulverized, 1 oz., lard, 7 oz.; blend them thoroughly together.

No. 82.—Take of oak galls, 1 oz.; mix the same as the last.

No. 83.—Take of marsh rosemary root, 1 oz.; mix as before.

These are very useful in external piles. Spread the ointment on a piece of linen or soft leather, and confine it to the parts by means of a bandage.

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## No. 84.—ITCH OINTMENT.

Take of sulphur vivum (native sulphur), 1 oz., Venice turpentine, 1 oz., lard, half a pound. Melt the lard with the turpentine, then add the sulphur, and stir till it is cold. Apply it to the parts affected two or three times a day.

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## No. 85.—DOCK OINTMENT.

Take a sufficient quantity of the fresh roots, clean them and bruise them, add sufficient cream to make an ointment; keep it in a warm place for twelve hours, then strain, and add to every teacupful of the ointment a tablespoonful of tincture of myrrh, and half a tablespoonful of turpentine.

This is very efficacious for the itch, and various cutaneous eruptions.

## LINIMENTS.

## No. 86.—LINIMENT FOR BURNS AND SCALDS.

Take fir balsam, and double the quantity of sweet oil; mix them well together: spread this upon a piece of fine linen and apply to the part.

This is an excellent application for burns and scalds, and to heal recent wounds.

## No. 87.—ANOTHER.

Take equal parts of fresh-drawn linseed oil and lime-water, and shake them well together.

This is very useful for recent burns and scalds.

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## No. 88.—RHEUMATIC LINIMENT.

Take half a pint of the small inflated buds or capsules which grow upon the common sea-weed, add half a pint of spirits, simmer them over a gentle fire, and stir them until they become a thick jelly.

This is very useful for bathing a stiff back, or stiff joints, or parts affected with rheumatism.

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## No. 89.—STIMULATING LINIMENT.

Take of cayenne, a teaspoonful, table salt, three teapoonfuls, upon which pour half a pint of vinegar, boiling hot, and half a pint of soft water: allow it to stand two or three hours, then strain, and it is fit for use.

This is an excellent preparation for sponging the body with, especially in cases of debility, attended with a cold clammy state of the skin. It may be used with decided advantage after a bath, when a stimulating impression on the surface is needed. It braces up the muscular system, by giving tone and energy to the vessels of the skin.

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## No. 90.—FOMENTATION.

Take of hops, wormwood, tansy, chamomile flowers, of each a handful, valerian root,  $\frac{1}{4}$  oz.: make a strong decoction, using equal parts of vinegar and water, about half a pint each.

This is an excellent fomentation to relieve inflammatory pains, sprains, face-ache, ear-ache, &c.



## No. 91.—ANOTHER.

Take of hops, chamomile flowers, yarrow blossoms, meadow-fern burrs, and valerian; make a strong decoction in vinegar and water.

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## No. 92.—CLEANSING WASH.

Take of tincture of myrrh, half a pint, powder of sumach berries, 1 oz., macerate for ten days, then strain it.

This is an excellent external application for ring-worm, tetter, and other cutaneous diseases. It also makes an excellent wash for offensive sores, rendering them clean and white.

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## No. 93.—EYE WATER.

Take 1 grain of cayenne, and infuse it for twenty-four hours in a wine-glassful of cold soft water.

This is a very useful stimulating lotion.

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## No. 94.—ANOTHER.

Take of cayenne, 1 gr., lobelia, 1 gr.; infuse as before.

This is stimulating and relaxing.

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## No. 95.—ANOTHER.

Take of raspberry or witch hazel tea, free from sediment, and add a few drops of compound tincture of myrrh.

This is a very useful cleansing and tonic lotion.

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## No. 96.—ANOTHER.

Take of unicorn root, golden seal, and poplar bark, of each a teaspoonful; put them into a bottle, add 2 oz. of compound tincture of myrrh, macerate for ten days, then strain it. Apply it in the following manner:—Put a few drops into a little milk and water, and bathe the eyes with it frequently during the day; at night,

wet two or three thicknesses of linen with the mixture, and place it upon the eyes; put a few extra folds of linen over it, wet with cold water, to keep the other moist, or a piece of oiled silk or gutta-percha cloth will answer the purpose; then fold a handkerchief about the head, to keep the cloth to the eyes.

This is an excellent application for weak eyes.

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No. 97.—STRENGTHENING PLASTER.

Take of resin, 4 oz., bees' wax, 1 oz., melt them together, and add a quarter of a pint of tincture of capsicum; gently simmer until nearly all the spirit in the tincture is evaporated, take it from the fire, and when nearly cold, add  $\frac{1}{4}$  oz. camphor, and 1 dr. oil of sassafras. Spread it upon soft leather.

This may be used whenever a strengthening plaster is required.

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No. 98.—ADHESIVE PLASTER.

Take of white resin,  $\frac{1}{4}$  lb., bees' wax, 3 dr., Burgundy pitch, 3 dr., mutton tallow, 3 dr., melt them together. If it is too hard, add a little olive oil. When well mixed, pour it into a vessel of clean water, and temper and work it with the hands. Spread it upon fine linen.

## INJECTIONS.

INJECTIONS are liquids thrown into the rectum or lower part of the bowels by means of a syringe. It is a most invaluable method of administering medicine, for they often prove a sovereign remedy when nothing else will afford relief. The faculty of this country are in the most deplorable ignorance of their nature and efficacy, although, generally, those only are required which are very simple in their nature,

for it happens that the rectum is much more sensitive than any other part of the bowels; hence, simple stimulants injected into the rectum will cause the bowels to evacuate their contents, when the same medicine if taken in treble the quantity by way of the stomach might not move the bowels. Injections are not only useful in emptying the bowels, but they also make a decidedly beneficial impression upon the system generally. They should be employed, therefore, in dangerous and obstinate attacks of disease, as apoplexy, hemorrhage, rupture, colic, dysentery, cholera, putrid sore throat, inflammation of the brain, low forms of disease, and suspended animation, and whenever medicines cannot be given by the stomach. Worms in the rectum are effectually dislodged by the use of injections. In diseases attended with great debility, tonic injections may be employed with advantage.

Injections exercise a powerful influence on the neighbouring parts and organs, and hence they are of great value in stoppage of urine, suppression of the menses, and inflammation of the womb, bladder, kidneys, or bowels.

### No. 99.—RELAXING INJECTION.

Take of Lobelia herb. . . .	$\frac{1}{2}$ dr.	Take of Valerian root . . . .	1 dr.
„ Slippery elm ..	$\frac{1}{2}$ dr.	„ Boiling water, two	teacupfuls.

Let it steep about ten minutes, then strain, and administer milk-warm.

No. 100.—STIMULATING INJECTION.

Take of warm water, half a pint, antispasmodic tincture, one

or two tablespoonfuls; add a teaspoonful of slippery elm, strain, and administer warm.

This is an excellent injection for sudden attacks of disease, as apoplexy, colic, stoppage of the bowels, &c.

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No. 101.—STIMULATING INJECTION.

Take of Lobelia herb. . . 1 dr.    Take of Slippery elm . . . . 1 dr.  
 „ Cayenne . . . . . 1 dr.    „ Boiling water, half a pint  
 Let it steep ten or fifteen minutes, then strain, and administer just warm. Use the same as the last.

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No. 102.—TONIC INJECTION.

Take of Poplar bark . . .  $\frac{1}{4}$  dr.    Take of Scullcap . . . . . 1 dr.  
 „ Golden seal . . . . 1 dr.    „ Slippery elm . . . . 1 dr.  
 „ Unicorn root . . 1 dr.    „ Boiling water, half a pint  
 Let it steep half an hour, then strain, and administer milk-warm or quite cold.

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No. 103.—SOOTHING INJECTION.

Take of Raspberry leaves  $\frac{1}{4}$  oz.    Take of Slippery elm . . . . 1 dr.  
 „ Scullcap . . . . . 1 dr.    „ Boiling water, half a pint  
 Steep fifteen or twenty minutes, then strain it: administer it just warm.

This is very beneficial in piles, recovery from dysentery, and in all cases in which there is soreness of the lower bowels.

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No. 104.—INJECTION FOR DIARRHŒA, DYSENTERY, &c.

Take of Bayberry . . . . . 3 dr.    Take of Slippery elm . . . . 1 dr.  
 „ Scullcap . . . . . 1 dr.    „ Boiling water, half a pint  
 Steep fifteen or twenty minutes, then strain, and add two teaspoonfuls of tincture of myrrh.

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No. 105.—INJECTION FOR WORMS IN THE RECTUM.

Take of Bayberry . . . . . 2 dr.    Take of Table-salt . . . . . 3 dr.  
 „ Balmony . . . . . 1 dr.    „ Slippery elm . . . .  $\frac{1}{2}$  dr.

Add half a pint of boiling water; steep fifteen or twenty minutes, strain, and administer warm.

This is very effectual in killing and dislodging the worms. It should be repeated night and morning. In most cases the first dose affords relief.

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No. 106.—INJECTION FOR COSTIVENESS.

Use about six or eight oz. of cold water every morning. It will move the bowels, and gradually strengthen them.

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No. 107.—SIMPLE INJECTION.

When there is no other object in view than that of merely evacuating the bowels, an infusion of pennyroyal or any of the stimulating herbs may be used; or to half a pint of water add one or two teaspoonfuls of compound tincture of myrrh.

Other injections may be formed from the medicinal remedies mentioned in this work. Whatever is used should always be previously strained. If pungent stimulants are used, they must be combined with some mucilage, as slippery elm, gum Arabic, &c.

*The quantity required.*—About half a pint is in general quite sufficient for an adult; for a child twelve years old, 4 oz.; for a child five years of age, 2 oz. The pipe of the syringe should always be greased before using it.

## THE VAPOUR BATH.

THE vapour bath has been used in many European countries for several centuries. It is said that the Finlanders will remain for half an hour in vapour at a very high temperature, and then pass immediately, in a naked condition, into the freezing air, without experiencing the slightest inconvenience. The Russians make use of the vapour bath once a week, and sometimes much oftener, and will frequently leave the

bath while in a profuse perspiration and roll in the snow; or if a river happens to be near they will plunge into it, regardless of the severity of the weather. The Rev. W. Tooke says, that he has no doubt but that the Russians owe their great longevity and their extraordinary robust health to the regular use of the vapour bath. In Turkey it is deemed a great luxury, and is employed as an important remedial agent. The ancient Romans, those sturdy men of war, were in the habit of using the vapour bath frequently, in connexion with the cold plunging bath, as a means of preserving their bodies in health and vigour, and of fortifying the constitution to endure the hardships and changes of climate to which they were subject in their campaigns. The vapour bath is used very extensively in America as a remedial agent, and its use has been attended with the most astonishing success in difficult cases of disease. It is also used as a great luxury: Dr. Mattson tells us, that many ladies in Philadelphia and other cities in the states use the vapour bath to improve their complexion, and that it imparts such a velvet-like softness and healthful glow to the skin, that it is considered the best cosmetic in the world. Dr. Andrew Combe, when speaking of the vapour bath, says:—"Their use is attended by the very best effects, particularly in chronic ailments, and there can be no question that their action is chiefly on the skin, and through its medium on the nervous system. As a means of determining to the surface, promoting cutaneous exhalations, and equalizing the circulation, they are second to no remedy now in use. The prevalent fear



of catching cold, which deters many from using them, is founded on false analogy between its effects and those of profuse perspiration from exercise or illness. The latter weakens the body, and, by diminishing the power of reaction, renders it susceptible of injury from sudden changes of temperature. But the effect of the vapour bath, properly administered, is very different. When not too warm or too long continued, it increases instead of exhausting the strength, and by exciting the vital action of the skin, gives rise to a power of reaction which enables it to resist cold better than before. It is calculated to be extensively useful both as a preventative and as a remedial agent. Many a cold, and many a rheumatic attack, arising from checked perspiration or long exposure to the weather, might be nipped in the bud by its timely use. In chronic affections, not only of the skin itself, but of the internal organs with which the skin sympathizes most closely, as the stomach and intestines, the judicious application of the vapour bath is productive of great relief."

It is a certain, safe, and most efficient remedy in many difficult cases of disease; and in many slight attacks it is of itself almost a certain cure. If we were to attempt to specify all the diseases in which it is useful, we should enumerate the majority of ailments with which humanity is afflicted. Its direct tendency is to promote the vital action of the skin, and thus arouse a healthy action in the system generally. It removes obstructions from the capillaries, by enabling the skin to throw from the circulation the various impurities with which it is loaded.

It causes a determination of blood to the surface, and diffuses warmth throughout the system, and thus equalizes the circulation, and lessens the undue determination of blood to any diseased part. It relieves pain, and aids the efforts of nature to remove obstructions, and thus overcomes the cause of disease. It strengthens the nervous system, and imparts tone and vigour to the skin, and fortifies the body against cold and the attacks of disease.

#### No. 108.—HOW TO ADMINISTER THE VAPOUR BATH.

THE most convenient way of administering the vapour bath, is with one of the “Portable Steam Apparatus.” They may be obtained at the Botanic Depôt, No. 10, Ann Street, Birmingham. The following method may be adopted by those who have not an apparatus. Make two bricks nearly red hot: then place the patient on a chair, with a wooden bottom or otherwise, covered with several folds of flannel. The patient must be quite naked; his feet must be placed upon a stool, so as to raise them high enough to feel the steam. Throw a large blanket around him and the chair; pin it under his chin, and pin it close down the fold, and it must reach to or fold on the floor, so as entirely to exclude the air. Then take one of the hot bricks, place it in a flat tub or dish, or a pan; place the vessel with the brick in it under the chair, then pour about a quart of boiling water into the vessel, with half a teacupful of vinegar, taking care not to pour the water upon the

brick, but pour it down the sides of the vessel; close the blanket, and the patient will soon be enveloped in steam. When the brick is cooled, change it for the other one. Should the steam at any time be too hot for the patient, lift a small portion of the blanket off the floor—the cool air rushing in will lower the temperature immediately—then close the blanket again. Care must be taken that the steam is properly applied to the feet, so as to keep them warm. During the bath the patient should drink freely of composition, or some other stimulating and sudorific tea, and his forehead and face should be wiped occasionally with a towel wet with cold water and vinegar. He should continue in the bath until free and copious perspiration takes place.

As soon as the patient leaves the bath, the body should be quickly wiped all over with towels wet with cold water and vinegar, and then rubbed dry and warm with coarse dry towels. If the patient goes to bed immediately, place a hot brick to his feet, wrapped in a cloth wet with vinegar and water. If the patient does not go to bed immediately, he should take half-an-hour's exercise in the open air, if the weather will permit.

#### No. 109.—THE HIP VAPOUR BATH.

In some cases, only the lower part of the body requires steaming. The bath should be arranged as before, only that the blanket must be fastened around the waist instead of the neck, so as to confine the steam to the lower part of the body.

## No. 110.—MEDICATED VAPOUR BATH.

IN many forms of disease it is requisite to make the bath of a tonic and soothing nature. For this purpose make a strong decoction of bitter herbs, thus :—Take equal parts of catnip, chamomile flowers, pennyroyal, tansy, and hops : pour upon them some boiling water and vinegar ; cover it, and let it steep two or three hours ; then strain it, and use it instead of vinegar and water, as mentioned before, for the bath.

## WHEN STEAMING IS NECESSARY.

WHEN the skin is cold, lax, and clammy, then steam is necessary ; for it will stimulate the skin to its natural action, and enable it to retain the heat of the body in sufficient quantity to keep the whole warm. Again, it is necessary sometimes after giving emetics and injections ; the bath will then give tone and vigour to the vessels of the skin, and will aid in removing the morbid matter from the capillaries and deep-seated glands. If the skin is dirty or scurfy, though it be neither parched nor clammy, steaming is necessary, to cleanse it. If the skin is clean, of a natural colour and temperature, and so active that a cup or two of weak cayenne tea will excite perspiration, and not be succeeded by chills, and the extremities are not cold or inactive, then steaming is not necessary. But if the skin be very hot and parched (as in fever), its tension is too great : sponging with lukewarm water, and giving bland fluids till the perspiration is free, are better than steaming, as there

is so much heat immediately under the skin that none is needed outside of it.

#### No. 111.—WARM BATHS.

THESE are useful in cleansing the skin and equalizing the warmth of the body, though not so efficient as the vapour bath. A person should not remain in them too long, and, if the weather will permit, should take exercise in the open air afterwards. As a general rule, the temperature of the bath should be about 95°. Whilst in the bath, the patient should rub the surface of the body with a flesh-brush, and use dry rough towels or a flesh-brush after leaving the bath.

#### No. 112.—COLD BATHS.

THESE are very useful if used with prudence. The most suitable time for bathing is in the morning, as in the latter part of the day the body becomes so exhausted as to be too enfeebled to bear the shock of so much cold to the surface. A dose of cayenne, ginger, or any of the pure stimulants, is very useful taken before going into the bath: it keeps up the heat of the body, and assists the reaction and determination of blood to the surface, which causes that glow of the body which is sometimes experienced after bathing. Persons should not remain long in the water: a few minutes are all that is required. If a person remains too long in the water, it is liable to cause a determination of blood from the surface to the centre of the body, or to the head, and the accumulation of blood in the internal organs may give rise to some dan-

gerous form of disease. After leaving the bath, the body should be well rubbed with coarse towels or a flesh-brush. It should be remembered as a general rule, that cold bathing is not beneficial unless it is followed by a warm glow of the skin, and those in whom it produces severe chills and shiverings, with blueness of the lips, should not take a cold bath, but should use the vapour or warm bath.

#### No. 113.—SHOWER BATH.

THIS is a more severe shock to the constitution than the cold bath, but to those who can take it it is much more invigorating and beneficial. It should be taken in a morning. The quantity of water used must be determined by the strength of the person. It should at first be used slightly warm, and gradually used cooler until it can be borne quite cold. After the bath, the body should be well rubbed with coarse towels or a flesh-brush. The use of the shower bath should not be continued unless it is followed by a warm glow of the skin, and a sense of invigoration. If it is immediately preceded by the vapour bath it will be much less liable to objection.

#### No. 114.—HAND BATH.

THE hand bath consists of the application of water to the body with a sponge, followed by friction with coarse towels or a flesh-brush. It is a very useful and convenient way of bathing the body, and may be adopted by those who cannot endure the shock of



the cold bath. It should be used regularly every morning.

### THOMPSONIAN COURSE OF MEDICINE.

THIS is a series of remedies intended to act upon the whole system at once. It consists of an injection, to empty the bowels; a vapour bath, to remove obstructions from the capillary vessels of the skin, and to equalize the circulation; an emetic, to evacuate and cleanse the stomach, lungs, and air passages, and to excite the liver to activity and energy; and then it finishes with another vapour bath, to regulate all that has been done, to establish a healthy determination of blood to the surface, and to remove any morbid matter that may have been thrown to the surface by the previous operations, and then leave the patient in a comfortable condition, free from all morbid excitement.

*Mode of administration.*—Give an injection: half-a-pint of composition tea, with a little slippery elm in it, will do very well for general purposes. If there are any peculiarities in the case, the injection must be mixed to suit. As soon as the injection has operated, give the vapour bath, and let the patient remain in it until in a profuse perspiration. Give the patient freely of composition tea whilst in the bath. When the patient has sweated enough, wash the whole surface of the body with cold water and vinegar, or chamomile tea, after which rub the body dry with coarse towels; it must be done very quickly; then put him into bed between the blankets, or otherwise

warm the bed. Place a hot brick, or a bottle of hot water, to his feet, first wrapping it in a cloth wet with vinegar and water. As soon as he is in bed, give the first dose of the emetic (No. 13), and repeat the dose every twenty minutes until it operates freely. When the vomiting ceases, and the patient has got cool, administer the vapour bath again, and put the patient to bed as before, which completes the course.

## GLOSSARY.

Abscess, a collection of matter or pus.

Absorbent medicines, substances which absorb or suck up humours.

Absorbents, vessels which absorb or take up the fluids with which they are in contact.

Alteratives, medicines which produce a healthy change.

Anodyne, having the power to mitigate pain, and produce quiet or sleep.

Anthelmintic, a remedy which destroys or expels worms.

Antiscorbutic, a remedy which improves the secretions and excretions.

Antiseptic, preventing mortification.

Antispasmodics, medicines which allay spasms or cramps.

Aperients, medicines which gently open the bowels.

Assimilation, the act by which living bodies appropriate and transform other materials into their own substance.

Astringents, medicines which have the power of binding or contracting the organic textures.

Capillaries, or capillary vessels, the very minute blood-vessels which connect the arteries and veins.

Carminatives, medicines which expel wind.

Cathartic, purgative.

Cellular, consisting of little cells or cavities.

Chronic, a term applied to diseases of long standing.

Chyle, the milky fluid in the bowels, produced by the digestion of the food.

Chyme, the dissolved food in the stomach.

Coagulum, clotted blood, or other thickened fluid.

Coma, very deep sleep—lethargy.

Congestion, accumulation of blood or other fluid in an organ or part of the body, without inflammation.

Convalescence, recovery from sickness.

Convulsions, an involuntary contraction of the fibres and muscles; an irregular or violent motion.

Corroborant, strengthening.

Cutaneous, relating to the skin.

Deglutition, the act of swallowing.

Demulcents, mucilaginous substances.

Deobstruents, remedies which remove obstructions.

Dermoid, resembling or belonging to the skin.

Detergents, medicines possessing the power of cleansing unhealthy surfaces.

Diagnostics, the symptoms distinguishing the disease from another.

Diaphoresis, gentle perspiration.

Diaphoretics, medicines which promote gentle perspiration.

Diathesis, any particular disposition or habitude of the body.

Discutient, dissolving, discussing.

Diuretics, medicines which increase the secretion of urine.

Duct, a channel or passage.

Emmenagogue, a medicine which promotes menstruation.

Emollient, soft, slimy, lubricating.

Emunctory, any organ giving issue to matter which ought to be removed from the system.

Endemic, a disease peculiar to, or especially prevalent in, certain localities.

Enema, a clyster, an injection.

Engorgement, an accumulation and stagnation of fluid in a part.

Epidemic, a disease generally infectious.

Epidermis, the outer skin.

Errhines, substances used to produce sneezing, and a discharge from the nose.

Eschar, the dead substance produced by applying a caustic.

Escharotic, caustic.

Etiology, relating to the cause and nature of disease.

Exacerbation, an increase in the symptoms of a disorder.

Excrescence, that which is of diseased or superfluous growth.

Excretion, the separation or throwing off from the body of the useless or worn-out materials, as urine, perspiration, &c.: it is also applied to the matter excreted.

Exfoliation, the act of casting off dead bone or scales.

Expectorants, medicines which promote a discharge from the lungs.

Fæces, excrements.

Fauces, the posterior part of the mouth, or top of the throat.

Febrifuge, a medicine which allays fever.

Febrile, feverish.

Flatulent, producing wind.

Function, the action or office performed by an organ.

Gangrene, mortification.

Gastric, of, or relating to, the stomach.

Glands, organs or vessels which separate some particular fluid from the blood.

Glandular, pertaining to the glands.

Granulation, newly-formed flesh in wounds or ulcers.

Hectic, a slow, habitual fever.

Hepatic, belonging or relating to the liver.

Hydragogue, a purge that produces watery stools.

Idiopathic, an original affection of a part.

Idiosyncrasy, any peculiar habit.

Integument, a skin, or covering.

Lancinating, sharp, shooting, and tearing.

Laxatives, medicines which keep the bowels gently open, without purging.

Lesion, a wound, injury.

Leucophlegmatic, a pale, relaxed, and torpid state of the body.

Ligaments, strong compact substances which keep the bones together at the joints.

Lymph, an unappropriated or effete clear watery liquid.

Lymphatics, are those absorbent vessels of which the contents resemble lymph.

Macerate, to infuse a solid substance in a liquid.

Malaria, infectious vapours from marshes and putrifying substances.

Materia Medica, a list of the articles or materials used in medicine.

Membrane, a covering, or envelope.

Meninges, the covering of the brain.

Metastasis, a translation of a disease from one part to another.

Modus operandi, the mode of operation.

Morbid, diseased.

Morbific, capable of causing disease.

Mucus, a slimy fluid.

Narcotic, that which impairs or destroys the sensibility of the nerves, or produces torpor and stupefaction.

Necrosis, death of a bone.

Nervines, medicines which calm, quiet, and strengthen the nerves.

Nosology, classification and doctrine of diseases.

Officinale, a term applied to any herb or other remedy directed by the Colleges to be used for medicine.

Organic affection, a disease in which more or less of the substance of the part is changed or disordered.

Ossified, changed into a bony structure.

Paroxysms, fits, or periodical attacks, or increase of a disease.

Pectoral, medicines adapted to cure diseases of the chest.

Periosteum, the membrane which covers the bones.

Peristaltic, the vermicular motion of the bowels, by which they push forward their contents.

Physiology, the science which teaches the knowledge of living bodies.

Plethora, an excessive fulness of the blood-vessels.

Polypus, tumours or excrescences.

Post mortem, after death.

Prolapsus, a falling down.

Pulmonary, relating to the lungs.

Purulent, relating to pus.



Pus, the matter formed in a sore or abscess after inflammation.  
Pustules, small swellings with an inflamed base, containing pus.

Refrigerants, medicines which cool the body, or the part to which they are applied.

Relaxants, medicines which reduce the tension or constriction of the structure.

Renal, relating to the kidneys.

Rigor, a sudden coldness attended by shivering.

Rubefacients, substances which when applied to the skin produce redness without injury.

Scirrhus, hard swelling of a gland.

Secernant, removing obstructions.

Secretion, the separation of a fluid or substance from the blood by the action of a living organ: it is also applied to the fluid or substance secreted.

Secretory vessels, those vessels or organs which separate the secretions from the blood.

Sedatives, medicines that diminish the action of the system.

Serum, the thin watery part of the blood.

Sialagogue, a medicine which produces an increased secretion of saliva.

Slough, a separation of dead from living flesh.

Spasms, violent and involuntary contractions.

Stimulant, that which increases the action of the part to which it is applied.

Stomachic, a medicine which strengthens the stomach.

Strumous, scrofulous.

Stupor, suspension or diminution of sensibility.

Subcutaneous, lying under the skin.

Sudorifics, medicines which produce copious sweating.

Suppuration, the change from simple inflammation to an ulcer or sore.

Symptomatic, arising from, or indicative of, some other affection.

Synovia, a fluid peculiar to the joints, and by which they are lubricated.

Tendons, sinews or cords which connect the muscles with the bones.

Tonics, medicines which give tone and energy.

Torpid, dull, inactive.

Translation, the removal of diseased action from one part of the body to another.

Tubercles, small hard tumours.

Tumour, a morbid swelling.

Typhoid, resembling typhus fever.

Varicose, preternaturally full.

Vascular system, the blood-vessels.

Vermifuge, a medicine which expels worms.

Vertigo, dizziness.

Vesical, that which relates or belongs to the bladder.

Vesicate, to blister.

Vesicle, a blister.

Viscera, the contents of the abdomen and chest; as the lungs, stomach, intestines, &c.

Viscid, sticky, glutinous.

Ureters, the tubes which convey the urine from the kidneys to the bladder.

Urethra, the passage through which the urine is discharged.

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## NOTICE.

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ALL the Herbs, Roots, Barks, and Compounds, recommended in this work, can be had pure at Mr. Thomas Simmons's Botanic Store, 10, Ann Street, Birmingham. Agents supplied.

Mr. T. S. returns his sincere thanks to his friends and the public for their liberal support for the last four years, during which time he has treated thousands of cases successfully, many of them of the most difficult nature, which were *declared* incurable by the most eminent *medical men*.

He has selected the following Testimonials from many hundreds already in his *possession*, as a sample of the cases referred to :—

“Birmingham, April 19th, 1852.

“To Mr. SIMMONS,

“SIR,

“About two years and a half ago, I was suffering from an ulcer in the throat, produced by the effects of mercury. It was deeply seated: my windpipe was distinctly seen, and it seemed impossible to heal it up. I was under the treatment of a medical man of this town, who declared my case to be hopeless, and stated that no man living could cure such a case. I also attended the General Hospital; the medical men of that institution, after trying various means, stated that it was impossible to cure it. It remained in the above state for more than two years, during which I tried every remedy I could meet with; all of

which proved of no avail; I was then recommended to you, and in twelve weeks you perfectly cured me, after the above failures; for which I am truly grateful.

“I remain yours, &c.,

“BENJAMIN SPILSBURY,

“110, Livery Street.”

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“Lichfield, March 26, 1852.

“To Mr. THOS. SIMMONS,

“SIR,

“For the benefit of others who may be suffering, I am induced to give you for publication the following Testimonial:—

“In the beginning of February, 1850, I was suffering from ulcers in my legs, from varicose veins. My sufferings were great; I could not get rest night or day—my general health became very much impaired in consequence. I have been under the treatment of a medical gentleman in Lichfield, for months, but without any benefit; and also had tried various other means, without success. In the above state I placed myself under your treatment, and am happy to state that, in a few weeks, you perfectly cured my legs by the most simple treatment, and restored me to perfect health, in which state I have remained ever since, for which I am truly grateful, and shall do all in my power to promote the cause of Medical Botany.

“I remain yours gratefully,

“Mrs. GEE,

“Sandford Street, Lichfield.”

The undermentioned persons are witnesses to the above statements being correct:—

JOSEPH SLATER, Tankard Inn, Sandford Street.

SARAH BRASSINGTON, Sandford Street.

Mrs. YARDLEY, Sandford Street.

"13, New Meeting Street, Birmingham,

"March 28, 1852.

"Mr. SIMMONS,

"SIR,

"About nine months ago I was suffering from a cold, which seemed to have settled in my back. I sent for my surgeon, who said I had an inflammation on my kidneys. He attended me daily for a month; during which time I continued to get worse, although I had taken twenty-two bottles of medicine, each containing nearly half a pint, and twenty-four opium draughts; also had applied eighteen leeches, a number of hip baths, mustard plasters, fomentations, and embrocations. I was confined to my bed nearly the whole of the time, my pains being so very acute; and scarcely ate anything. My constitution was so reduced I thought I must die. I told my surgeon I still got worse, and he did not understand my complaint, (for he had said after attending me a fortnight, that it was my nerves that were affected,) and that I must try something else. He said my complaint quite baffled his skill; and he had done all human power could do; and wished me as a last resource to let him bring a physician, to which I would not consent; but said I would try the Botanic system. He said he had no objection, but recommended me to be careful, as I had been under judicious treatment. I was recommended to send for you; I did so, as you remember; but despaired of getting cured, as I was so very ill. You gave me hopes, and sent me some medicine, which appeared to seize upon my complaint at once; for by attending to your directions, and taking the medicine, I was in three days so much better, I began to eat, and my pains were very much reduced; and in the course of eight or nine days I was, to the astonishment of my friends, able to leave my room, and attend to my business. I consider I owe my life to the Botanic system, and feel great pleasure in recommending it; and thank you sincerely for your attention and skill, manifested in my case.

"I am, Sir, yours truly,

"ANN EVANS."

“King’s Bromley Wharf,  
“Near Lichfield.

“To Mr. SIMMONS,

“SIR,

“My daughter was for two years suffering from St. Vitus’s dance; and she had been under medical treatment the whole of that time, without any benefit. I brought her to you, and she was perfectly cured in a few weeks, for which I am truly grateful. Wishing you every success,

“I remain yours truly,

“MARY TIMMINS.

“April 20th, 1852.”

(Witnesses,)

ROBERT BATKIN,  
THOMAS BATKIN,  
THOMAS GREEN,  
ROBERT ROBINSON,  
W. CARTMAIL:

All residing at King’s Bromley.

“Armitage, near Rugeley, September 18th, 1851.

“To Mr. THOMAS SIMMONS, Medical Botanist,

“10, Ann Street, Birmingham.

“SIR,

“Feeling under a sense of great obligation to you, I tender you my sincere thanks for the great deliverance I have received at your hands. It is now fourteen years since I was first taken ill, which began with inflammation of the lungs, and after that, inflammation of the bowels, which brought on several other diseases. For these last eight or nine years, a spinal affection of my back has rendered me unable to walk, or sit up any length of time, and almost wholly confined me to my bed. I have been under the treatment of some of the most eminent of the medical profession, all of them pronouncing my case completely hopeless. I have time after time been blistered, bled, and rubbed with irritating ointment; together with two setons in the back of my neck; so that I could not even stir my arms, and was compelled



to lie in one posture night and day—and could not move without the assistance of my friends, expecting every hour would be my last. I was also under the treatment of the medical men connected with Stafford Infirmary, who considered my case hopeless. It was by accident that I heard of you, and was induced to give your system a trial. For the first two or three weeks I did not experience much relief; but, by the blessing of God, and the means employed, and my parents' wishes, I kept on with the treatment. I then commenced using the vapour bath; and after the second bath, to my great joy, I felt myself gradually mending, and could walk easily across the room, which I had not done for years; and by continuing the use of the medicine and treatment recommended by you, I am now perfectly cured, and have not taken any medicine for these last twelve months, and consider it my duty to publish my extraordinary case to the world, for the sake of others who may be suffering in the same way; and shall be happy, at any time, to confirm my statement to any enquirer. Ever wishing you success,

“I remain yours gratefully,  
“HANNAH CARTHY.”

We certify the truth of the above statement:—

THE REV. FRANCIS WILSON, Armitage.

MR. JOHN SCOTT, Armitage.

MR. GEORGE SMITH, Armitage.

MR. ROBERT TURNER, Armitage.

MR. JOHN ROBINSON, Armitage.

HENRY AND ELIZABETH BELLAMY, Armitage.

MR. WM. CARTHY, Armitage.

“King's Bromley, near Lichfield.

“To Mr. THOMAS SIMMONS,

“SIR,

“Wishing that the facts relative to the case of my eye should be published, in the hope of benefiting my fellow-creatures, who may be suffering under similar circumstances, I beg to hand you the statement of my case. About twelve months

since, I caught a severe cold, which caused excessive pain in my head; this in about a fortnight settled over my left eye, and became more intense; it gradually descended into the eye, which became dreadfully inflamed, and formed what my Medical Attendant called a *Fistula*, in the corner of my eye; this gradually increased under his treatment, till about the size of a nut, and was every day getting worse, till at last he said he could do me no good. I after that was under the treatment of two other Medical Gentlemen; neither of them could do me any good. Having heard that, in Birmingham, there was an Eye Infirmary, I went and placed myself under the treatment of the Medical Gentlemen there. They three times lanced my eye, inserting, at the same time, instruments into my nose; this caused me excruciating pain, and did me no good, my eye continuing to get worse, and I became hopeless, never expecting to be cured. Hearing of your having performed several wonderful cures at Hansacre, I placed myself under your treatment, and I thank God that I did so; in about six weeks you perfectly cured me, for which I thank you. Wishing you every success,

“I am, yours most gratefully,

“MARY GREEN.”

We, the undersigned, do certify that the above statement is true:—

THE HON. AGNES NEWTON LANE, King's Bromley  
Manor.

REV. M. WARBURTON, Curate of King's Bromley.

ROBERT BATKIN, Grocer, King's Bromley.

The treatment in the above case was very simple, and any person wishing to know, can, by writing to Mr. Simmons, No. 10, Ann Street, Birmingham.









